

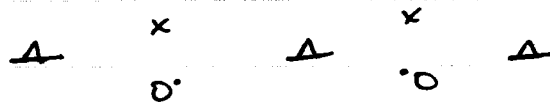
5/12/09 EPSC U96 PRACTICE 6-7³⁰ FLYING CLOUD

I WARM UP / BALL FAMILIARITY

XL GRID

- A. (INSIDE FOOT) 1-2-3-MISS (STEP OVER)
- B. (INSIDE) 1-2-SOLE DRAG OVER
- C. (BEST FOOT ONLY) INSIDE/OUTSIDE/INSIDE/OUTSIDE
- D. (R) INSIDE - (R) OUTSIDE - (L) INSIDE - (L) OUTSIDE
- E. (R) OUTSIDE - (R) INSIDE - (L) OUTSIDE - (L) INSIDE
- F. INSIDE/OUTSIDE/SOLE DRAG
- G. SOLE / SOLE / SCISSORS
- H. INSIDE / OUTSIDE / SOLE / SCISSORS

II LATERAL TO CONES



- "O" ATTEMPTS TO TOUCH BALL TO CONE BEFORE "X" CAN TOUCH IT W/ HAND
- X PASS TO O FIRST

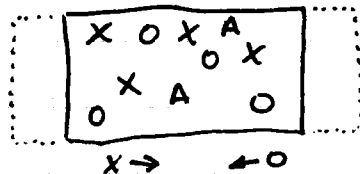
III CIRCLE PASSING (70% CIRCLE 30% IN IT)

- A. PASS & REC. BACK
- B. PASS & OVERLAP TO REC BACK
- C. PASS & AROUND DIFF. PLAYER TO REC BACK

NO STILL BALLS

IV TRANSITION GAME

V POSSESSION GAME 4v4 + 2



- SCORE BY GETTING BALL TO PLAYER IN OPPONENTS END ZONE.
- CAN SEND 1 PLAYER W/ BALL INTO OWN END ZONE & BE SAFE (UNOPPOSED)

VI FREE PLAY