

5/28/09 EPSC U96 PRACTICE 6-7<sup>30</sup> FLYING CLOUD

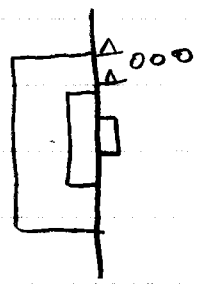
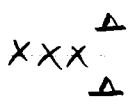
I. WARM UP

LARGE GRID - DRIBBLING, USUAL EMPHASIS

II. PAIRS (OR THREES IF NEEDED)

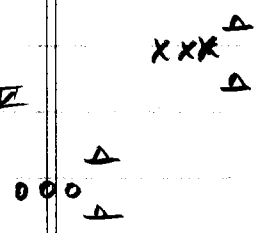
PASSING USING SHOOTING TECHNIQUE

III.



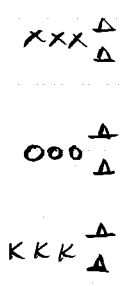
- O STARTS W/ PASS TO X
- X ATTACKS GOAL
- O ANGLES IN TO DEFEND

IV.



- O STARTS W/ PASS IN FRONT OF X
- X ATTACKS GOAL
- O RECOVERS TO DEFEND
- VAR: X START W/ BALL

V.



- X STARTS & ATTACKS GOAL
- X BECOMES PASSIVE DEF. FOR O
- O ATTACKS GOAL
- O BECOMES PASSIVE DEF FOR X
- ETC.

VI. SMALL (SHORT) FIELD W/ FULL GOALS

TRANSITION GAME - EMPHASIS = EARLY SHOT

VII. SSG