

6/7/09 U96 PRACTICE EPSC FLYING CLOUD

I. WARM UP

FASTFOOTWORK - LADDER/HOOPS/CONES

II. BALL FAMILIARITY - XL GRID

- ① 1-2-3-MISS - inside of feet
- ② 1-2-SOLE "
- ③ INSIDE-OUTSIDE-INSIDE-OUTSIDE - BEST FOOT ONLY
- ④ (R) INSIDE - (R) OUTSIDE - (L) INSIDE - (L) OUTSIDE
- ⑤ (R) OUTSIDE - (R) INSIDE - (L) OUTSIDE - (L) INSIDE
- ⑥ INSIDE - OUTSIDE - SOLE - all same foot, alternate feet
- ⑦ SOLE - SOLE - SCISSORS
- ⑧ INSIDE - OUTSIDE - SOLE - SCISSORS

III. 3 TEAMS

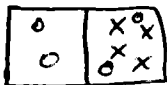
2 v 1 POSSESSION

IV. 4 CORNERS GAME

V. 4 v 4

1 to Lg goal, 1 to 2 small goals

VI. TRANSFER BOY



VII. HEADERS ?