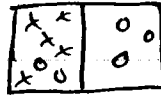


6/9/09 U96 PRACTICE EPSC FLYING CLOUD 6-7³⁰

I. WARM UP - 3 TEAMS
2 TEAMS VS. 1 TEAM
ROTATE

II. BALL FAMILIARITY
1-2-3-MISS
1-2-SOLE
I-O-I-O - BEST FOOT ONLY
(R)I - (R)O - (L)I - (L)O
(R)O - (R)I - (L)O - (L)I
I-O-SOLE
SOLE-SOLE-SCISSORS
I-O-SOLE-SCISSORS

III. 5 v 2 TRANSFER BOX



IV. LINK 10

GOOD PASSES (W/ MVT.) / EARLY SHOTS

V. TRANSITION GAME

VI. SSG

VII. FOOTWORK

? HEADERS ?