

6/28/09 U96 EPSC PRACTICE 4-5<sup>30</sup>

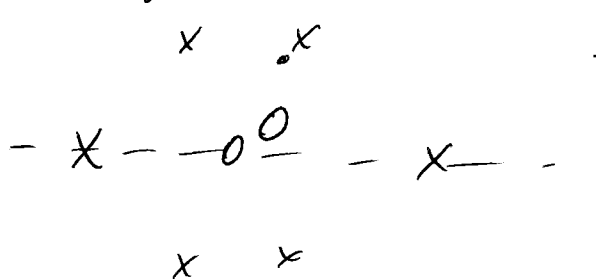
① Warm up / footskills / ball familiarity

② defending in pairs

- one player running cross field

- partner in good defending range passively defending.

③ diamond defending - defend & cover



- ball should not get to targets  
on other side of the line

- may only go for ball and  
pass - not while in possession

④ up not back game

⑤ 2 goals vs 1 goal - even teams

⑥ Link 7

⑦ 4 corners game

⑧ SSG.