

4/28/11 U9G TRAINING EPSC

I. FUNDAMENTAL WARMUP - BALL FAMILIARITY & MANIPULATION

A. LARGE GRID - EACH W/ BALL

1. SLOW DRIBBLE - PULLBACKS - 360° (MANY SMALL CUTS)
- CUTS - STEPOVER REVERSE TAKE AWAY
2. DYNAMICS - SKIPS - ROBOT WALK - CARL CRAIG SKIPS
- SHUFFLES - JUMPS
3. TOUCHES - 1/0/1/0 W/ SAME FOOT

B. 2 GRID KNOCKOUT

II. DRIBBLING AND AWARENESS

A. 15 x 15 GRID

- STOP - STOP W/ FOOT ON BALL
- CHANGE - DRIBBLING TURN W/ BALL
- SWITCH - TRADE BALL
- GO - CHANGE OF PACE

B. 20 x 20 GRID W/ GATES

- DRIBBLE THROUGH GATE, TURN & DRIBBLE BACK THROUGH
- TIMED - BEAT OWN SCORE

III. GAME ACTIVITY

A. BALLS ON CONES GAME

IV. SSG

- A. 1 TEAM TO BIG GOAL, OTHER TO 2 PUCK GOALS
SWITCH SIDES 1/2 WAY THROUGH.