

U96 2011-09-22

EPSC TRAINING

I. BALL FAMILIARITY GRID

II. 2 GRID KNOCK OUT → 3 GRID??

III GOALKEEPING

A. IN PAIRS / SMALL GROUPS

1. BASIC GK STANCE

a. KICK/ROLL @ FEET FOR GROUND BALL

2. CATCH - ^{CONTROL}HIGH / ^{BANNET}MID / ^{SCOOP}LOW

a. VARIOUS THROWS @ PARTNER TO CONTROL

3. KICK FROM HANDS / PUNT

a. 2 GROUPS PUNTING TO ONE ANOTHER

4. THROW - "BASEBALL THROW" / "ROUNDHOUSE THROW"

a. 2 GROUPS THROWING TO ONE ANOTHER

5. ROLL - "BOWLING"

- ATHLETIC STANCE
- HANDS "CUFFED" IN FRONT
- HANDS ALWAYS MOVE TOGETHER
- HEELS UP / LIGHT FEET.
- MOVEMENT = SKIP / SHUFFLE

B. ~~PAIRS~~ ^{THREES} → SIDE TO SIDE ACTIVITY

- "A" TO GK W/ LOW BALL
- GK SIDE STEP TO "B" FOR HIGH BALL
- GK SIDE STEP BACK TO "A" . . .



- ↳ RANDOM HIGH/LOW
- WITH BOUNCE IN BETWEEN A/B & GK

III HANDBALL VS. FOOTBALL

IV SSG W/ BIG GOALS, CREASE IN FRONT OF GOAL

- ROTATE GK'S OFTEN.