

U96 2012-04-24

EPSC

TRAINING

I DYNAMIC WARM UP

- CLOSE GATE
- CARRIOCA
- POWER SKIPS
- GLEUT KICKERS
- OPEN GATE
- BOUNDING
- HAND WALKS
- LUNGE
- FRANKENSTEIN
- HIGH KNEES
- HIP CIRCLES (HULA)

II PASSING

A. IN 2'S

B. IN 3'S w/ MOVEMENT

C. CIRCLE PASSING

1. REC. BALL, DRIBBLE THRU w/ SKILL, PASS

2. 1 BALL TO START → INCREASE

D. 5 GOAL GAME

1. 2 EVEN TEAMS 1 BALL PER TEAM

2. 5 TWO YARD GOALS IN GRID

3. PLAY TO 10

→ NO MENTION OF DEFENDING (PROBLEM SOLVE)

E. BALL ON CONES GAME

1. BUFFER AREA AROUND CONES/BALLS

III SSG

- EVEN TEAMS TO LARGE GOALS

- DEFENSIVE BUFFER ZONE

- 1 DEFENDER MAY ENTER AND PLAY AS GK.

- MUST NOT REMAIN IN BUFFER WHILE IN POSSESSION (TEAM)

IV COOL DOWN