

U96 2012-05-01

EPSC

TRAINING

I DYNAMIC WARMUP AND BALL FAMILIARITY GRID  
- AS A WHOLE

II PASSING

- IN 3'S - LINEAR

- IN 3'S - MIDDLE PLAYER CHECKING TO/AWAY (OUTSIDE OF LINE)

- IN 3'S - TRIANGULAR

- FOLLOW PASS

- RUN TO OTHER CORNER

\* 2 GROUPS IF #'S ALLOW

III SSG

- TRIANGULAR GOAL GAME

- COMPLETE PASS TO TEAMMATE IN GOAL FOR POINT

IV SSG

- 4 v 4

- BIG GOALS

V COOLDOWN