

UAG 2012-05-03

EPSC

TRAINING

I. DYNAMIC WARM UP / BALL FAMILIARITY

- "PICK UP VEST" MULT. VESTS OF ASSORTED COLORS
- CALL OUT COLOR, PICK UP THAT VEST / CONE
- DYNAMIC MOVEMENTS IN BETWEEN.

SIT / SPRINT  
TAG

II. HANDBALL VS. FOOTBALL

- 2 EVEN TEAMS, 1 BALL PER TEAM, APPROPRIATE SIZED GRID
- 1 TEAM PASS BALL AROUND W/ FEET
- OTHER TEAM PASS WITH HANDS, ATTEMPT TO HIT FOOTBALL.

FOCUS = PASSING & RECEIVING → TECHNIQUE !!

III. PASSING IN 3'S

- MIDDLE PLAYER GETS & GIVES A PASS TO OUTSIDE PLAYER
- SPIN OFF TO GET / GIVE PASS TO OTHER OUTSIDE PLAYER

★ TECHNIQUE !!

★ AVOID STRAIGHT LINE RUNS, ANGLED AWAY

- IF NEEDED FOR #'S, ROTARY / ALTERNATE CHECKS TO CONE

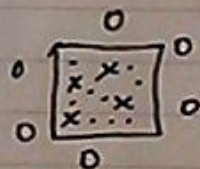


IV. GROUP PASSING

- 1/3 OF TEAM "X" INSIDE GRID 2/3 OUT

- ALL BALLS IN GRID

- X = 2 MIN TO COMPLETE PASSES TO "O". "O" SIMPLY PASS BALL BACK TO MIDDLE OF GRID



★ QUALITY PASSES

V. BALL ON CONES GAME

- BUFFER AROUND GOAL CONES - MAY NOT SCORE INSIDE BUFFER!