

8/24/17 Practice Plan

- Conditioning – 30 mins
 - Stretch out – 5 mins
 - Step jumps – 30 secs 3 reps
 - Windshield wipers with ball – 10 count 3 reps
 - Orbitis
 - Burpees - 10
 - Pushups – 25 count 2 reps
- Fast Feet Foot Skills 30 seconds each – 15 mins
 - Triangle right foot
 - Triangle left foot
 - Rotating toe taps
 - Outside one touch inside one touch right
 - Outside one touch inside one touch left
 - Rounders right
 - Rounders left
 - Baby V's each foot back and forth
 - Outside, Outside Inside back and forth
 - Step over no touch
 - Sole rolls back and forth
 - Squeeze – roll out/in both feet
- 2v2 winner stays -10 mins
- Combination shooting – 10 mins
- Cross and finish under pressure – 10 mins
- Lightening game