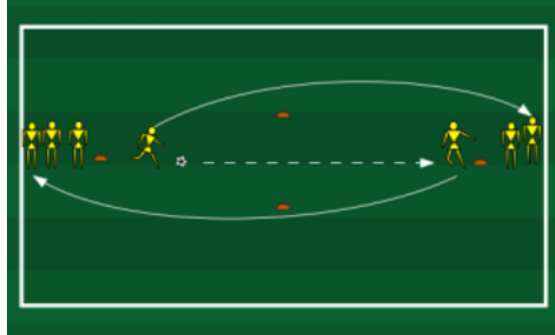


## 9/12/17 Practice Plan

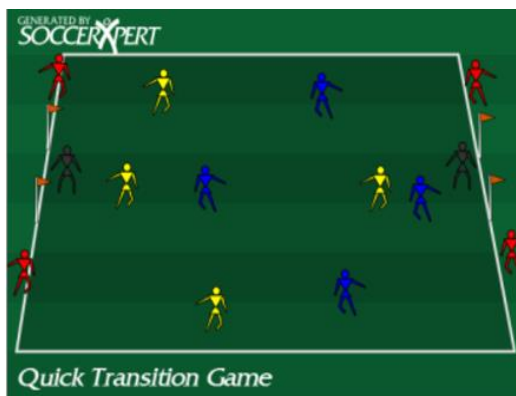
- Stretching – 5min
- Conditioning – 20min
- Inside the foot passing – 5min



- 2v2 Quick attack – 10min
- Trapping drill – 10min
- 4v4 with 5 goals inside the 18 – 20min
  - 1<sup>st</sup> team to 4 wins – rotate others in



- Quick transition drill



- 40x40 grid – 3 teams of 4
- 4v4 team that scores stays on