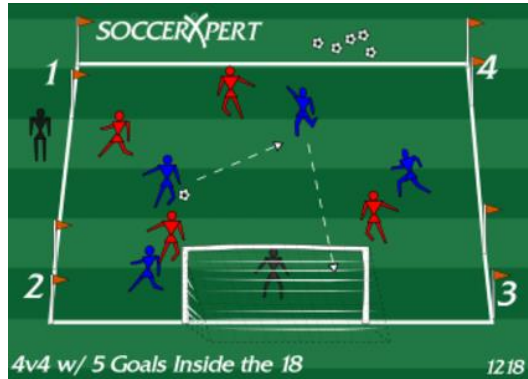
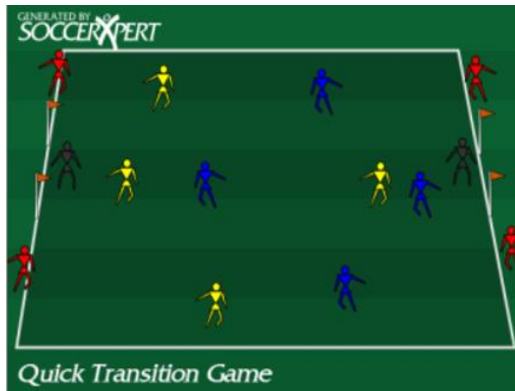


9/14/17 Practice Plan

- Stretching – 5min
- Conditioning – 20min
- 4v4 with 5 goals inside the 18 – 20min
 - 1st team to 4 wins – rotate others in



- Quick transition drill or 4 corners drill



- 40x40 grid – 3 teams of 4
- 4v4 team that scores stays on
- Free kicks
 - Direct kick
 - Own half quick kick
 - Shot on goal their half – players by their goal
 - All defense move up
 - Indirect
 - Touch shoot
 - Touch peel off pass
 - Always add our player in their wall (call it “2”)
 - All defense move up
- 1v1 to goal game