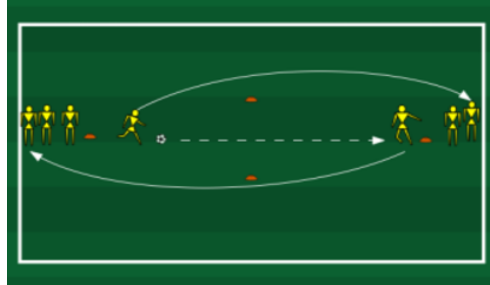
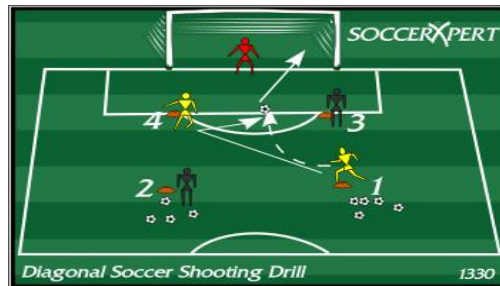


## 9/19/17 Practice Plan

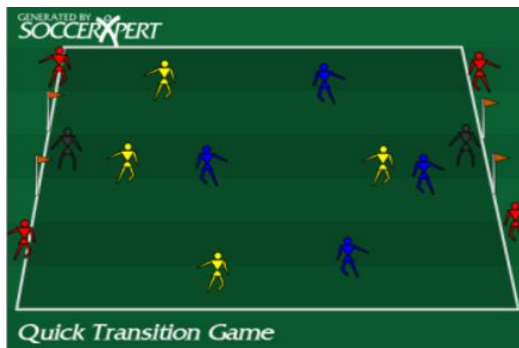
- Stretching – 5min
- Conditioning – 25min
- Inside the foot passing – 10min



- 3v2 Rotating defenders – 10min
- ½ volleys – Full Volleys – 10min
- Diagonal shooting – 10min



- Quick transition drill or 4 corners drill – 20min



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