

9/7/17 Practice Plan – Game Day Reviews

- Conditioning – 15 min
- 3 line warm up drill – 10 mins



- Corner kicks – 20 min



- Formation review 4-4-2 Diamond Midfield



- Kick offs
 - Play a thru ball
 - Play back and send it
- Throw ins
 - Timing down the line
 - Play back to thrower
- Free kicks
 - Direct kick
 - Own half quick kick
 - Shot on goal their half
 - Indirect
 - Touch shoot
 - Touch peel off pass
 - Add our player in their wall
 - All defense move up – leave 3 back