

Practice Schedule		
DT = Dribbling Technique		ST = Shooting Technique
PT = Passing Technique		TO = Tactics - Offense
RT = Receiving Technique		TD = Tactics - Defense
3-5 min	Team Meeting	
3-5 min	Warm ups	
20 min	Skills and Drills	
	1V1	
	2V2	
	3V3	
20 min	Scrimmage	
3-5 min	Evaluation	