

8/22/17 Practice Plan

- Conditioning – 30 mins
- Fast Feet Foot Skills 30 seconds each – 15 mins
 - Triangle right foot
 - Triangle left foot
 - Rotating toe taps
 - Outside one touch inside one touch right
 - Outside one touch inside one touch left
 - Rounders right
 - Rounders left
 - Baby V's each foot back and forth
 - Outside, Outside Inside back and forth
 - Step over no touch
 - Sole rolls back and forth
 - Squeeze – roll out/in both feet
- Dribble across square – 10 mins
 - Two groups going
- Dribble around cone passing / receiving – 10 mins
- Give and Go pass shot – 10 mins
- Combination shooting – 10 mins
- 4 corner passing