

8/29/17 Practice Plan

- Conditioning – 30 mins
- Foot Skills on the move – 10 mins
 - Matthews inside outside
 - Reverse Matthews outside inside
 - Touch step over – touch in then step over continue with ball
 - Maradona spin
 - Dribble step over
 - Fake shot
 - Fake pass
 - Chop
- 4v2 Rotating defenders – 10 mins
- Dribble around cone passing / receiving – 10 mins
- ½ volleys – Full Volleys – 10 mins
- Crossing & finishing with one runner – 10 mins
- Look at formation 4-4-2 (diamond mid)