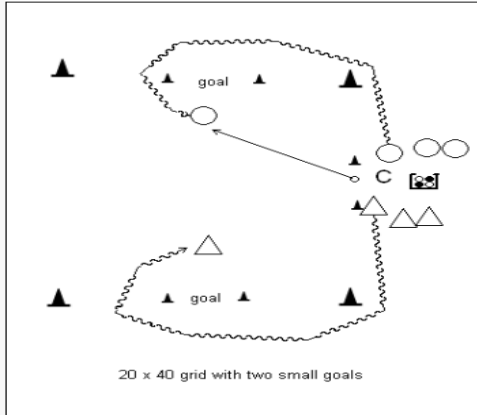
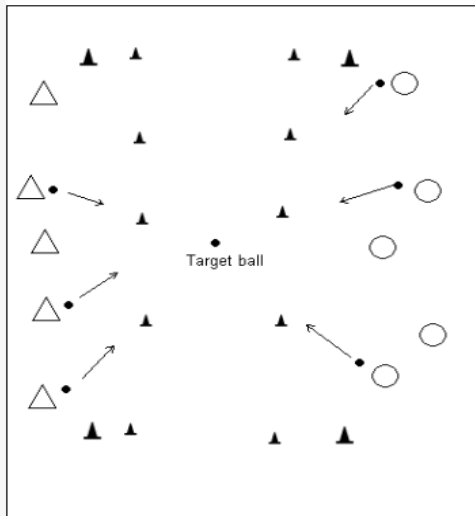


9/20/17 Practice Plan

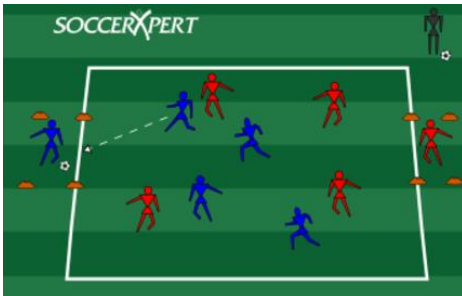
- Stretching – 5min
- Conditioning – 25min
- 1v1 or 2v2 “Go or Out” drill – 10min



- Target ball drill – 3 balls per side – 10min



- Chip pass/heads up drill – 10min



- Power then Finesse drill (modified lightening) – 20min
 - Power shot 20yds away then;
 - Finesse shot ball served by coach
 - Miss one still in; miss two you are out – make two then call out challenge