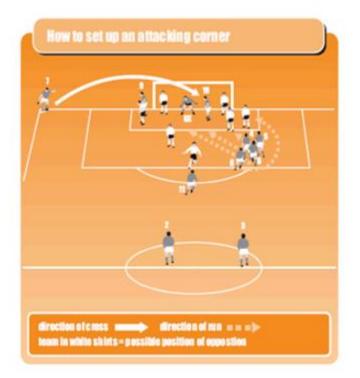
9/5/17 Practice Plan

- Conditioning 30 min
- Circle passing 10 min
- Crossing & finishing with one runner 10 min
- Deep corner play back to top of 18; strike the ball 10 min
- Corner kicks 10 min



- Throw in drills 10 min
 - o Pair in 2's
- Defend throw in drill 10 min
 - Pair in 3's
- 4 corners game