

## 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
  - Pair in 2's
- Defend throw in drill – 10 min
  - Pair in 3's
- 4 corners game