

Practice Plan

Kick Review, Offside, Pre-Game day / Thursday - Aug/2/2007

Activity / Drill	Duration	Start	End	Coach
Team Building Drill - Player Introduction	5 min	6:30 pm	6:35 pm	
Each Player practice proper kicking from a line for	10 min	6:35 pm	6:45 pm	
Break	2 min	6:45 pm	6:47 pm	
Review Corner, Goal and Penalty Kick positions & location	5 min	6:47 pm	6:52 pm	
Review Moves: Side Rolls, Pull back, Step over, Inside&Outside foot	3 min	6:52 pm	6:55 pm	
Dribbling Drill - Inside/Outside Figure 8 Dribbling Race	5 min	6:55 pm	7:00 pm	
Dribbling Drill - House Building Game	10 min	7:00 pm	7:10 pm	
Instruction - Offside Penalty	10 min	7:10 pm	7:20 pm	
Break	2 min	7:20 pm	7:22 pm	
Scrimmage: 6v6 or 5v5	20 min	7:22 pm	7:42 pm	
Break	2 min	7:42 pm	7:44 pm	
Open - Player Game Choice	10 min	7:44 pm	7:54 pm	
Last minute Tournament Q/A - Including recognizing moves during	5 min	7:54 pm	7:59 pm	

Notes

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