

**Practice Plan: Soccer Practice #3**

<b>Drill</b>	<b>Time</b>	<b>Comments</b>
<b>Dynamic Warmup</b>	<b>5 mins</b>	<b>Each exercise 2x of 10-20 yards</b>
High Knee Run		
Buttkicker Run		
Frankenstein Walk		
Walking Lunge & Twist		
Walking Knee Hug		
Straight Leg Run		
<b>Quick Feet Circuit</b>	<b>5 mins</b>	<b>Each exercise 2x of 15-30 seconds</b>
Two Foot Hops		
One-Foot Hops		1 set each foot
Scissor Hops		
Two Foot Side Hops		
One Foot Side Hops		1 set each foot
<b>Passing</b>	<b>10 mins</b>	
		Players get partners and pass ball back and forth
		to eachother using both feet. Increase distance between
		players.
<b>Keepaway</b>	<b>10 mins</b>	
		One team passes the ball in small area while the other
		teams sends in one player at a time to try to get ball away
<b>Water Break</b>	<b>2-3 mins</b>	
<b>Shooting Drill</b>	<b>10 mins</b>	
		Players take turns shooting on net from different
		places on field.
<b>Scrimmage</b>	<b>15 mins</b>	
<b>Cool Down</b>	<b>2 mins</b>	
		Talk about practice while stretching, put balls
		away and cleanup site.