

### Kudda Practice Plan 3

1st Q Focus Stick work Stretch

2nd Q Focus Defense, 1v1

3rd Q Focus Shooting

4th Q Focus 5v5, 7v7

Quarter	Activities/Drills	Brief Description
<b>1st</b>	Partner Passing Drop Step	Creating space, good passes
	Warmup Run and Stretch	Go over the plan, set the tone and reinforce fundamentals
	Passing Drill #1	Passing on the run, passing and catching with both hands
<b>2nd</b>	Crease Defense	1v1 with pressure, 2v2 offball and picks
	Defensive Slides	Flat Triangle, jumping to ball
	1v1 4 spots	A: use dodges to try to get to goal D: work on forcing one way
<b>3rd</b>	Shooting Drill 1	Cut to ball, roll away from pressure, keep stick in outside hand
	Shooting Drill 3	4v3: A: move ball quickly and take good shots D: slides and communication
<b>4th</b>	5v5	Putting all the skills together. Start
	7v7	

