

Kudda Practice Plan #4

1st Q Focus Stick work, Stretch

2nd Q Focus Groundballs

3rd Q Focus Clears and Rides

4th Q Focus 7v7, Transitions

Quarter	Activities/Drills	Brief Description
1 st	Shuttle Passing	Right-right, left-left, ground balls, over the shoulder
	Warmup and Stretch	Go over the plan, set the tone and reinforce fundamentals
	Full Field Passing	Balls start with goalies, players work on breaking downfield and catching over the shoulder
2 nd	1v1 Ground Balls	Winner passes back to coach
	2v1 Ground Balls	Winner goes to goal, other players work on double team
	3v2 Ground Balls	5 lines start at midfield A: Go to goal and score D: Get ground ball, pass to goalie, clear the ball, communicate
3 rd	Clearing Drill 1	Defender with ball: tries to clear, has to stay within parameters Attackers: shut her off, make her turn back
	Diamond Ride	Getting to the ball, forcing a double, locking off adjacent passes
4 th	Work the Middie Drill 1	A: quick passes D: slides and communication
	7v7	A: work on plays, cuts, dodges, picks D: slides, communication, forcing one way Clears after shots

