

## Kudda Practice Plan #5

1st Q Focus Stick work, Stretch

2nd Q Focus Pressure and Defense

3rd Q Focus Ground Balls, 5v5

4th Q Focus Clearing, Full Field

Quarter	Activities/Drills	Brief Description
1st	2 Pass Weave Drill	Take good angles, cut into middle of the field, pass with outside hand
	Warmup and Stretch	Go over the plan, set the tone and reinforce fundamentals
	5 Point Passing Drill	Quick passes and follow the pass
2nd	Pressure Box Passing Drill	A: Pass ball quickly D: Keep STICKS UP
	2v2 Off Ball Crease Defense	Communicate and cover spaces not players, watch for picks
3rd	King of the Box Ground Balls	Winner moves up, other player stays.
	5v5	A: Communicating, moving the ball, dodging, cutting, creating space D: communicating, slides, jumping to ball and double team release
4th	Clearing Drill 2	Defense breaking out quickly, goalie looking up quickly, attack not letting the defenders get above them
	Full field scrimmage	Clears, rides, communication, plays, conditioning

