

Kudda Practice Plan #6

1st Q Focus Stick work Stretch

3rd Q Focus Clears and Rides

2nd Q Focus Double Teams, Shooting

4th Q Focus Ground Balls, 7v7

Quarter	Activities/Drills	Brief Description
1st	Partner Passing Drop Step	With half turn, full turn, split dodge
	Warmup and Stretch	Go over the plan, set the tone and reinforce fundamentals
	Passing Drill 7	Full field over the shoulder catches
2nd	2v1 Ground Ball Double Team	As attacker breaks to goal one defender should turn the attacker back, keep the attacker between them, force to the sides
	Shooting Drill 4	Balls start behind, players cut diagonally, shoot quick-stick style
3rd	Settled Clear 50	Two groups set a lot of picks inside for someone to break free
	13 Ride	Lock off goalie and players closest to ball carrier, trap ball carrier on sideline
4th	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
	7v7	A: work on plays, cuts, dodges, picks D: slides, communication, forcing one way Clears after shots

