

Kudda Practice Plan #7

1st Q Focus Stick work, Stretch

2nd Q Focus 1v1, Pass Weave

3rd Q Focus 8m and Pressure Defense

4th Q Focus Shooting, 7v7

| Quarter | Activities/Drills | Brief Description |
|-----------------|---------------------------|--|
| 1 st | Partner Passing Drop Step | Create space, keep feet moving |
| | Warmup and Stretch | Go over the plan, set the tone and reinforce fundamentals |
| | Passing Drill 6 | A: try to clear all 4 zones and shoot D: stop them, communicate, sticks up |
| 2 nd | Pass Back Weave | Defenders turn away from pressure, pass to trail player or goalie then switch fields |
| | 1v1 | A: Dodges D: Focus on stick and feet positioning, knuckle or forearm contact, forcing at a 45 degree angle |
| 3 rd | 8 Meter Shooting | A: get close, quick steps and protect stick D: Split hash nearest shooters strong hand, watch the ref not the player, run to a spot and meet the attacker there |
| | Pressuring Behind | Slides at the ready, hold space on crease- don't be forced into it or allow attack to use the crease to pick off defenders |
| 4 th | Shooting Drill 3 | A: Quick passes and keeping space D: Rotating, sliding and communicating |
| | 7v7 | A: work on plays, cuts, dodges, picks D: slides, communication, forcing one way Clears after shots |

