

Kudda Practice Plan #8

1st Q Focus Stick work Stretch

2nd Q Focus Ground Balls

3rd Q Focus 1v1, 3v2

4th Q Focus 7v7

Quarter	Activities/Drills	Brief Description
1 st	Shuttle Lines	Right and left hand, ground balls, over the shoulder passes
	Warmup and Stretch	Go over the plan, set the tone and reinforce fundamentals
	Passing Drill 1	Keep stick in leading hand, practice catching on run, lead your partner with a pass
2 nd	Ground Ball Drill 1	Players can pass back to the coach or go to goal
	Ground Ball Drill 3	A: protecting the ball against the double team, not getting trapped D: double team communication, keeping the attacker between them
3 rd	1v1	A: Dodges D: Focus on stick and feet positioning, knuckle or forearm contact, forcing at a 45 degree angle
	3v2	A: Move the ball quickly D: communicate, work on slides, keep sticks up, slow down attack and buy time
4 th	7v7	A: work on plays, cuts, dodges, picks D: slides, communication, forcing one way Clears after shots

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