

## Kudda Practice Plan 10

1st Q Focus Stick work, Stretch

2nd Q Focus Passing, 3v2

3rd Q Focus Ground Balls, Shooting

4th Q Focus 7v7

Quarter	Activities/Drills	Brief Description
1st	Shuttles	Left and right hand, over the shoulder, ground balls
	Warmup and Stretch	Go over the plan, set the tone and reinforce fundamentals
	3 Man Weave	Throw and catch with stick in leading hand
2nd	Passing Drill 7	Works on over the shoulder and long catches on the run, gives goalie a chance to practice clearing the ball
	3v2	A: Move the ball quickly D: communicate, work on slides, keep sticks up, slow down attack and buy time
3rd	Ground Ball Drill 4	Great conditioning drill A: Get to the ball first and move it quickly D: Get to the ball first and break out quickly for a fast clear from the goalie
	Shooting Drill 4	Quick cuts, leading passes, quick-stick shots
4th	7v7 with Breakout	Normal 7v7 with defense clearing to the midfield line A: chances to work on plays, dodging, shooting, picks and cuts D: chances to work on 1v1, sliding, double teams, communication and clears

