

## Kudda Practice Plan

1st Q Focus Stick work Stretch  
 2nd Q Focus Cradling, Ground Balls

3rd Q Focus Ground Balls  
 4th Q Focus Shooting, scrimmage

Quarter	Activities/Drills	Brief Description
<b>1st</b>	Partner Passing	Working on form, following through and giving when catching
	Warmup and Stretch	Slight jog and some dynamic and static stretching
	Shuttle Lines	Slow paced shuttle lines to practice ground balls and catching and throwing at a jog
<b>2nd</b>	Cradling Practice	Each player will have a ball and will practice cradling across the face and then cradling while running
	1v0 Ground Balls	Encourage them to get low when picking up the ball and have them cradle it back and drop it at the coaches feet
<b>3rd</b>	Butt to Butt Ground Balls	Fun drill to practice boxing out and scooping up ground balls
	2v0 Ground Balls	After picking up the ball they must make one complete pass before bringing it back to the coach
<b>4th</b>	Shooting Drill	Each player will start at the top of the 8 with a coach behind the goal, the coach will throw the ball to the cutting player who will catch and shoot. Can be done at any pace
	Half Field Scrimmage	Players should practice working as a team

