

Middle School Age Practice Plan:

Overview:

- Stretching
 - Jog around the field
 - Dynamic stretching
 - Static Stretching
- Warm-up (30 mins)
 - Partner passing
 - 3's passing
 - 3 passing with enders
- 1v1 (15 mins)
- 3v3 (15 mins)
- 5v5 and Double Team Release (20 mins)
- 7v7 (20-40 mins)
 - puts everything together

Speed Passing:

In this drill each player lines up with a partner across from each other. The coach will call out a start and stop and the partners will see how many passes they can get in a minute. As they pass each player should focus on getting their hands and feet set, turning their shoulders, and counting their repetitions.

3's Passing:

In this drill players will group up in lines of 3s on the midfield. The second player will have the ball. The first player runs from the midfield to the restraining line (from 50 to 30) and then turns to receive a pass from the second player in line. Upon catching the pass, the first player then passes to the third person in line while the second player makes her run from the 50 to the 30 and receives a pass from the third player. The player who has just received the ball then passes back to the first player who is back in line by now who then passes to the third player making her run. The drill ends when each player has had four touches on the ball. Important for players to keep in mind is to go full speed and to make sure to see the ball after reaching the 30 and pivoting.

3's With Enders:

In this drill the players get into groups of 3 with one person on the midfield, one on the restraining line and one in the middle of the two. The two end players have balls. The player in the middle makes a cut towards one of the end players for a quick give and go pass, touches that end players stick and then cuts back towards

the other end player. This drill is designed for fitness and should go for about 45 seconds before switching players. Players should focus on changing of direction.

1v1:

In this drill there will be lines behind 4 spots outside the 12. The first line will be top center, second at one corner, third behind the goal and fourth at the opposite corner. At each of these spots there will be a line for both attack and defense. Each attacker will be fed a ball from the attacking line to their right and will then try to break towards goal. The defender will try to force them to one side, either weak or away from the center. It's very important for the defender to make contact by the 8. When the play is done the players rotate clockwise to the next line.

3v3:

In this drill 3 attackers and 3 defenders will lineup on half of the 8 with an imaginary line down the middle that they cannot cross. During this the attack will work together to get open in their confined space while the defense tries to stop them. The attack should work on spacing, working together and setting picks and communication. The defense should work on forcing the attack the correct way as well as communicating with their teammates.

5v5 Defense:

In this drill the attackers are lined up with three spread out across the top and sides of the 12 and 2 attackers on either side behind the goal. The five defenders are lined up on the 8 guarding their respective attackers. The attack will initiate the drill with a dodge. The defender will try to force the attacker either weak or away from center. The off-ball defenders should always "jump to ball" which means they should cheat slightly towards the ball instead of just staying directly goal-side of their attacker. This position allows for a quicker slide when necessary while still allowing the defender to maintain good defensive position on her attacker. The second and third slides are also key in this play. Once the first helping defender leaves her attacker open to go help defend the girl with the ball the other defenders must rotate to cover her spot in case her attacker cuts. When sliding the adjacents should always be locked off and then the players in the most dangerous field position should be guarded leaving the attacker in the least dangerous field position open. The attackers should work on communication, spacing and keeping the ball moving.

Double Team Release:

Building off of the previous drill, this one focuses on the release of the double team and how to most effectively get back into position. To do so in the easiest way, the player furthest from where the ball was thrown releases and goes to the next player bumping that defender down one player and then the play is even once again.

7v7:

This drill helps to tie all the previous lessons together. The players should line up in a normal 7v7 manner with two behind and 4 or 5 up top with an optional 1 in the middle. The attack should focus on working together, communicating, and initiating plays with a dodge. The defense should work on communicating, jumping to the ball, sliding, forcing one way, and double team release.