



Pre-Practice Notes

Practice Session

Time(Minutes)	Drill	Points of Emphasis
2	Character Message	
7	Warm-Up	
20	Skill Development Drills	
20	Defensive Development	
20	Motion Offense Development	



15	Small Sided Games (2v2, 3v3) or Controlled Scrimmage	
5	Fun Drill or Competition	
1	Close Practice - Reminders	

Post-Practice Comments
