

### 1. Dribble Across the Square Warm-up (every practice)

- See Week 1 Plans for details

### 2. 1v1 Retention

#### 1. 15 min



Players dribble the ball within the square (10x10) while the other player tries to take the ball. Player with the ball counts to 10 while dribbling and then dribbles out of square (any direction). 1 Point for each successful time. Play to 3 and switch opponents.

### 3. Shield & Turn

#### 2. 15 min



2v2 in a 20x20 Square. Team tries to dribble ball across other team's end line; point given for each successful time across. Play to 5 and switch opponents.

### 4. Scrimmage (30 minutes)

Work on understanding of the game. Kickoffs, throw-ins, goal kicks, corner kicks, free kicks, etc., helping get them ready for the weekend games.