SOCCER

Soccer practice plan

1 h 17 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	12	**Rondo 4v1** Open your body to the next pass, move along your line to make an angle, two touches max
☐	**32 min**	10	**Pass and follow triangle** Pass with the inside of the foot, follow your pass, receive on the half-turn
☐	**42 min**	5	**Water break**
☐	**47 min**	20	**Scrimmage**
☐	**1 h 07**	10	**Cool-down** Easy jog, then static stretches

NOTES

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