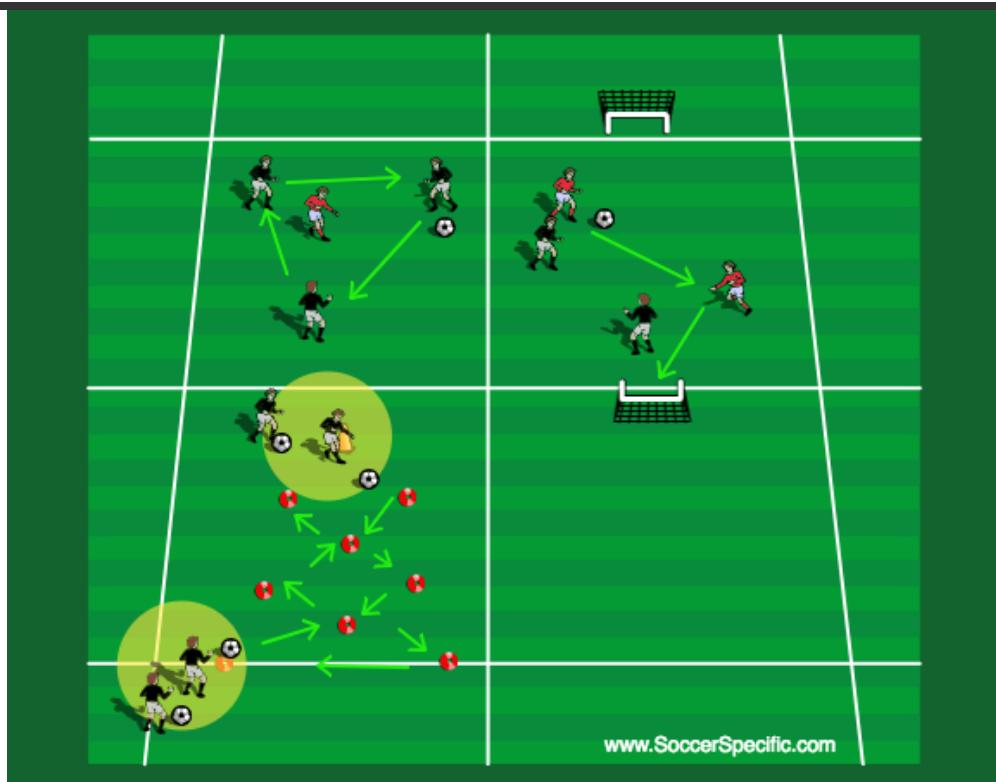


Start of practice routine



Setup

grids set up prior to arrival of players. Size of grid varies on skill level of players

Instructions

Training introduction. Stations. Rotate every 3 minutes

Coaching Points

3v1 keepaway, 2v2 to small goals, zig zag change of direction dribbling