



Date: 10/19/11 **Group:** _____
Length: 90 mins
Start Time: 6:00pm **Focus:** _____
End Time: 7:30pm **Level:** U10

Length	Start	Drill Name	Category	Notes
25	6:00pm	Choose from warmup/small area category	warm up	Choose 3 grid drills which allows for easy setup and movement from drill to drill
30	6:25pm	Choose from category that you are focusing on	focus drill	drills that focus on what you are trying to work on for this practice. ie. lack finishing choose from shooting category.
25	6:55pm	Choose from small sided game category based on practice focus	scrimmage	small sided game or two staying with the practice focus
10	7:20pm	Choose from conditioning category	conditioning	conditioning with a ball.

Notes: Warm-up Grid drills
 Drills-based on the practice theme
 Scrimmage-based on the practice theme
 Conditioning--drills with a ball