

**Soccer**  
**Practice Plan**  
**Ages 10-15**



**YMCA OF**  
**GREATER HOUSTON**

## **Section 1: Working with Children ages 10 to 15**

- Attention span lengthens and they start to show the ability to sequence thoughts and actions
- They start to think ahead and think "If this, then that"
- More inclined towards wanting to play soccer rather than being told to play
- Demonstrate increased level self-responsibility
- They start to recognize fundamental tactical concepts
- Begin to become aware of peer pressure
- Players affiliate with their team or their coach
- There is a wide continuum of maturity evident on most teams
- This is still a crucial age for technical skill development

## **Section 2: Tips to be Successful**

- Keep all children constantly moving; all players should be active during every drill at the same time to keep them fully engaged.
- When introducing a new drill always demonstrate skill to assure proper technique is shown.
- To keep practice interesting and exciting, each drill should last no more than 10 to 15 minutes.
- When coaching or instructing your team or players individually, get on their level so to create a trusting bond between you and your players.
- Always emphasis the child's positives over negatives to keep every child engaged and willing to continue learning.
- Put your players in positions to be successful so that enthusiasm for the game is maintained.
- Establish discipline early so that your practices run smooth and uninterrupted.
- Stay engaged yourself as the coach; your team and families will follow your attitude and energy at all times.

### **Section 3: Warm up / Beginning of practice**

When you are starting practice, it is important to always welcome each child as this shows appreciation and value of each player to the team as a whole. It is a safe practice to begin with some sort of cardio or stretches so that every child gets loose and prevent injury when transitioning into more complex movements. During this time you can discuss past games or practices as well as foreshadow what you will be doing in your practice.

## **Warm-up activities (5 to 7 minutes ideal)**

### **WITHOUT BALL**

- Run 3 to 5 laps around the field with or without ball
- Jumping Jacks
- Jogging "In-Place" (can add high-knees and thigh slap)
- Kangaroo Hop, forward, backward, left and right
- Skipping
- Jumping around using one leg, then the other
- "All fall down," get up as fast as possible, jogging in between.
- Quad Stretch
- Toe Touch
- Hurdler Stretch
- Leg Straddle
- Neck roll (Both Directions)
- Arm Circles; Start with small circles then big circles. Go Forward then Backwards
- Wall Taps (pick a spot on the wall and jump and hit that spot continually for a period of time.)

## **Section 4: Conditioning and Coordination**

In the game of Soccer, constant running and changing direction are a necessity. It is important as a coach to make sure you are focusing a portion of your practice to this.

### **Horses or line running (Conditioning)**

1. Start your players next to one goal on the end line.
  2. When the coach starts the drill the players will run to the top of the closest penalty box line then run back to the end line.
  3. Touch end line; run to midfield; run back to starting end line.
  4. Run to furthest penalty box; run back to starting end line.
  5. Run to the furthest end line; finish drill at starting end line.
- Note that this drill should be continual and finishes when the player runs the entire drill.

### **Stuck in the Mud Drill (Conditioning)**

1. Designate a boundary area on the field where all the action will take place (usually on one half of the field). All players must stay in this area.
2. Designate 1-2 players that are "it". At the start of this drill, all the players that are not "it" will begin to run and avoid the "it" players.
3. It is the "it" players' job to tag the other players. When a player is tagged, the player is "stuck in the mud" and must stand still.
4. The stuck player can get unstuck when another player crawls under his/her legs.
5. The game ends after a certain time has elapsed or when all the players are stuck in the mud. This game can be done with or without using the soccer ball.

### **Box Run Relay (Conditioning and Coordination)**

1. For this drill, divide your team into equal teams. On the coach's command the first player from each team will shuffle down the end line.
2. Once they reach the corner of the field, the players will then back pedal to midfield.
3. At midfield the players will then shuffle to the center circle.
4. Once they reach the center circle, the players will sprint back to the starting line, tagging the next player who then continues the relay.

## **Section 5: Dribbling**

Dribbling is a critical skill that every young soccer player must be introduced to at this age. Dribbling in the game of soccer is about control of the ball. When you are looking to design your practice, make sure to spend enough time on this skill as it takes most children some time to be comfortable dribbling.

### **Bandits**

Create a medium size grid. Select 1-2 players to be the bandit, their job is to steal a soccer ball from another player. Every other player will have a ball. Once the bandit gets a ball, the player without a ball becomes the new bandit. After 1 min, the bandits do 10 pushups.

### **Coerver Foot skills**

These are skills that can and should be practiced often from early ages all the way up through high school. The following link will direct you to numerous dribbling drills/skills.

<https://www.youtube.com/user/Coerverofficial>

### **3 Surfaces**

Each player has a ball at their feet. Try to get the players to use all 4 surfaces of their foot in 1 fluid motion. Outside of the foot, inside of the foot, laces and bottom of the foot. Have them alternate left foot then right foot.

INCREASED DIFFICULTY OPTION: Have the players increase drill speed and/or having them do it in a smaller space.

### **1 vs. 1 to Cone**

Place 3 cones in a line with the middle cone 5-7 yards away from the two outside cones. Create a line on each of the 2 outside cones. At your command, one player from each cone will dribble a ball towards the cone and perform a move on the cone. After the beat the cone they will accelerate past it and enter the other line.

Coaches, be sure to have the players going different directions to prevent them running into each other.

### **1 vs. 1 to end line**

Create a rectangle that is 10 yards in length. One player will start with the ball on one side of the rectangle, while a defender is starting on the other side of the rectangle. At your command, both players will move towards the middle of the grid. The players with the ball are trying to beat the defender off the dribble and dribble past the line the defender started at.

Coaches, you can increase difficulty by asking the defender if/when they steal the ball to try and dribble it past the other starting line, where the attacker originated at. This will cause both your attacker and defender to transition into a different role when possession is lost.

## Section 6: Passing

### **Cone Passing**

Have all players get matched up with a partner and 1 ball between them. Have each player about 10 yards away from each other, with 2 cones in-between about 2 yards apart side by side. Those cones should create a goal or gate for the passes to go through. Have each pair try to complete passes to one another through those cones. This is a great drill to work on passing accuracy.

### **Circle Passing**

This is a great drill for the first 2 practices of the season. Have everyone stand in a circle and start out with 1 soccer ball. As the players pass the ball to one of their teammates, they must say the other person's name. This will help them learn their teammate's names.

INCREASED DIFFICULTY OPTION: Add additional soccer balls and/or have them back up creating a larger circle.

### **The Weave**

At midfield put 3 cones, one in the middle and one about 5 yards in from each sideline. Divide your team up evenly amongst those 3 cones. The center line will start out with the ball. This drill will end with a shot on goal, then the next 3 will go. The middle player then passes the ball to the right wing player. The passer will then run behind the receiver and become the right wing player, while the receiver will dribble to the middle and then pass the ball to the left wing player. The passer will then run behind the receiver and become the left wing player, while the receiver will dribble to the middle and then pass to the original player. This continues forming a weave pattern.

### **Passing with a Partner**

Have your players' pair up with one ball between them. They should be standing about 5 yards apart from each other. As they pass the ball back and forth, coaches should instruct the players to receive and pass the ball differently. Below is a great video showing the different ways to pass and receive the ball.

[https://www.youtube.com/watch?v=xCm\\_hZ8-j5s](https://www.youtube.com/watch?v=xCm_hZ8-j5s)

INCREASED DIFFICULTY OPTION: Ask players to complete the pass back in 2 touches or less. Moving them back to 10 yards works as another challenge.

## **Wall Passing**

Have players pair up with 1 soccer ball and they will start the drill on 1 end line. The players will jog about 5 yards away from one another running parallel down the field. As they jog, they will pass the ball back and forth between them. When they get to midfield, they will turn around and do the same thing coming back.

**INCREASED DIFFICULTY OPTION:** Make them go faster, make them use their off foot or by limiting touches.

## **Section 7: Shooting**

### **Open net form shooting**

Have your players each have a soccer ball and line up across the top of the penalty box. This drill works great if you can split up the team and only have 3-4 players doing this at one particular time. As they stand at the top of the box, we want them using proper shooting form and getting lots of reps putting the ball into the goal. This works best without a goalie. The video below walks you through the step by step for proper form.

<https://www.youtube.com/watch?v=BrzfmkGtnYE>

### **4 Corner shooting**

Divide your team up into 4 evenly numbers groups. Take 2 of those groups and put them in a line next to each of the goal posts. Take the other 2 lines and to the top of the penalty box. They should each be directly in front of the lines next to the goal posts. At this point, there should be 4 lines creating a square. The lines next to the goal posts will have all the soccer balls. They will alternate making a diagonal pass to top of the box. The player in that line will take 1 touch to trap the ball and then shoot it. Once that shot is completed, the other line will go.

INCREASED DIFFICULTY OPTION: Create a time limit and set a number of goals you want scored.

### **2v1 Shooting**

Create a 2 vs. 1 drill starting from outside the penalty box. The objective is to have the 2 offensive players beat the 1 defender by dribbling or passing and finishing with a shot on goal. This is a great drill that combines multiple facets of the game.

INCREASED DIFFICULTY OPTION: Change the starting point - Starting out on the left side, right side and the corners of the penalty box can add new elements to this drill.

### **Lay off and Shoot**

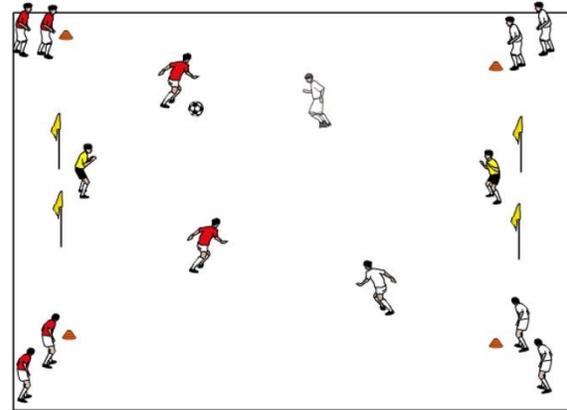
Have all of the players stand in 2 lines about 20 yards away from the goal. One line should be left of center and the other right of center. The coach will stand at the top of the box. The players in the line will alternate passing the coach the ball and follow their pass towards goal. The coach will lay the ball off for the players to shoot on goal.

INCREASED DIFFICULTY OPTION: Switch up with foot they shot with by laying the ball off on different sides of you.

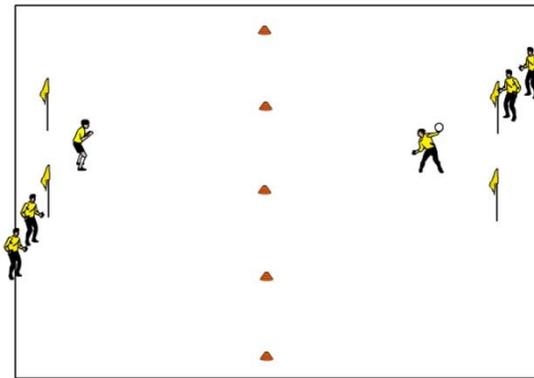
## Section 8: Goalkeeper

**Handball**—Split up the GK's into two teams. Keep possession by passing to teammates with round house throw, taking a maximum of three steps when holding the ball. Keepers must catch the ball in the air past the end line in order to score. If ball hits the ground, it is the opposite team's ball. (Maximum activity length: 20 minutes)

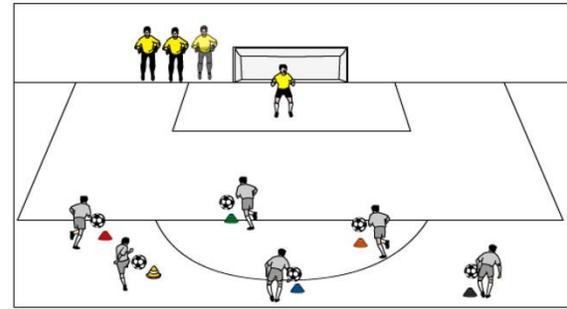
**2v2 to goal** — 2v2 to two goals (or flag/cone goals) on a 35-40 yards long by 50 yards wide field. Field players should be divided into two teams (each team at a goal standing in a line at each corner flag). First player in each line comes out to make it a 2v2 game. If a team scores, the two players stay on the field, turn and receive a new ball passed in from their team standing in lines on the post, and attempt to score another goal. If scored on, rotate out. If ball goes out of bounds, both teams rotate off.



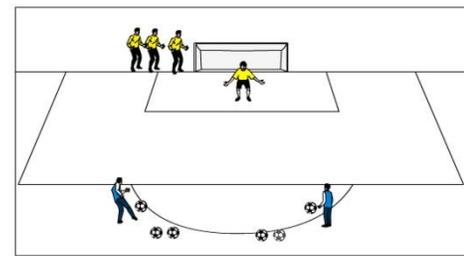
**Mini GK Wars** — In an area 30 yards long by 20 yards wide, use two cones or corner flag goals facing each other, one GK in each net, with a halfway line marked off. GK's can round house throw, baseball throw or bowl to score on each other. Ball must bounce in other players half for the goal to count. If scored on, next GK rotate in (about 3 GK's per goal on one of the posts.) If no goal is scored within a 1-2 minute time period, both GK's rotate. Encourage proper technique when distributing and diving. (Maximum activity length: 20-25 minutes)



**GK Wars**— In an area 25-35 yards long and 20-25 yards wide (adjust if necessary), with a goal at either end, and a half way line marked off by a line of cones. GK's can shoot, half volley, bowl, baseball throw or round house throw the ball into the opponents net to try and score, not going over halfway line. If scored on, next GK rotate in (about 3 GK's per goal on one of the posts.) If no goal is scored within a 1-2 minute time period, both GK's rotate. (Maximum activity length: 30 minutes)



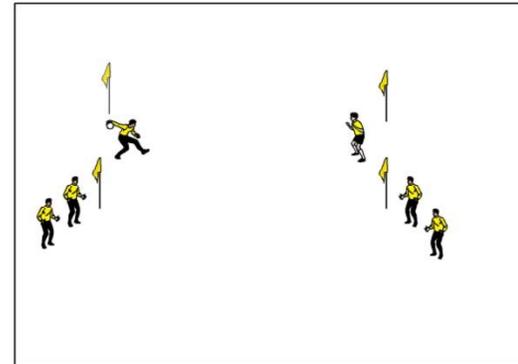
**Shots on Goal**—Have two servers (coaches), each centrally located at the top of the 18 yard box. Each GK should handle 4 shots total, alternating from each server then rotate out. The first few rounds the shots should be at the goalkeepers, warming them up and building their confidence, then begin to challenge them. Rotate quickly to keep the keepers active. Maximum 5 goalkeepers per goal. (Goalkeepers should handle about 20 shots or more each)



**Color Shots** – There are different colored cones or jerseys on a central arc about 16-20 yards outside of a goal, each with a server and several balls. One GK starts in net and as the coach calls out a color, the GK must adjust their positioning and be ready for the shot, based on what color the coach calls. Rotate after 5 shots. Each goalkeeper should rotate through at least 4 rounds of saves.



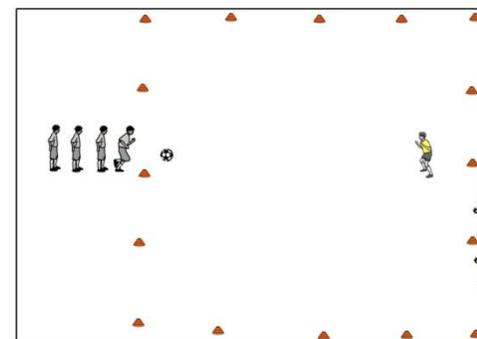
**Two Saves** –GK's in groups of three with two cones 6 yards apart. One GK stands between the cones, the others are about 15 yards away on each side of the cone goal. GK faces one server who shoots the ball at the keeper to make the save. While this is happening, server 2 is moving their ball so after working GK makes 1<sup>st</sup> save they must turn to server two behind them and find the new positioning of the ball to make the save. Keeper immediately turns and finds the other ball and shooter who has moves again. Each keeper makes about 8 saves successfully then rotate. To start, the service can be a roundhouse throw, then progress to a foot service (shot) from the ground. Allow the Goalkeepers to have two rounds with service from a throw, then two from the ground.



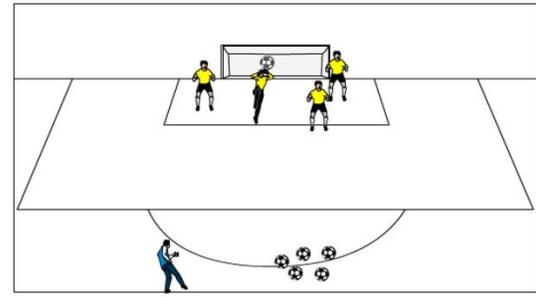
**Partner Catching / Distribution** –Two lines of players, each in between a cone goal, facing each other with one ball (maximum players per line is 3). GK A BOWLS (and then follows their service) to GK B who scoops it up and brings it in to their body. GK B then BOWLS to the GK behind GK A to continue the cycle. After several rounds, balls should be BASEBALL THROW, then ROUNDHOUSE throw at head level, then to high balls. *Version*

*2:* Within each round, have the server put slight pressure on the working GK. *Version 3:* Now the keepers have to shuffle through 5 cones in a vertical row in front of their net, and set for the service. Each goalkeeper should make about 8-10 saves per round of distribution. (bowl, baseball throw, roundhouse)

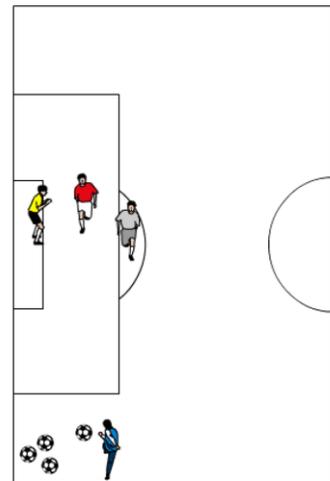
**1v1 Grid Challenge** —An attacking line with field players sets up centrally at one end of the grid (15widex20long) and the GK line at the opposite end. The GK rolls ball to the attacker who must dribble over the opposite endline (the goal the GK is protecting) with possession for a point. Keep track of goals scored for a competition. Maximum 4 players in each the attacking line and GK line, rotate after each shot. GK should be looking to cut down the angle and force the attacker to one side. (Max length of activity: 20 minutes)



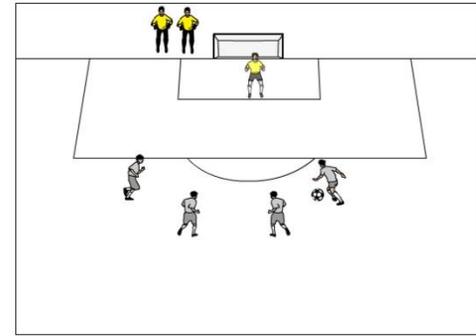
**Number high balls** — All GK's in the 6 yd box with a number (Maximum 6 GK's), coach is outside the 18 yard box centrally with balls. Coach yells out a number and serves a high ball towards the top of the 6. The GK must work their way through traffic and get the ball at the highest point, using the proper leg for protection calling out "keeper". *Version 2:* Coach can move to the outsides and serve from there so the GK's now have to deal with balls served in from the flank. Coach can also call out two numbers so the GK's have to compete for it. (Maximum length of activity 20 minutes)



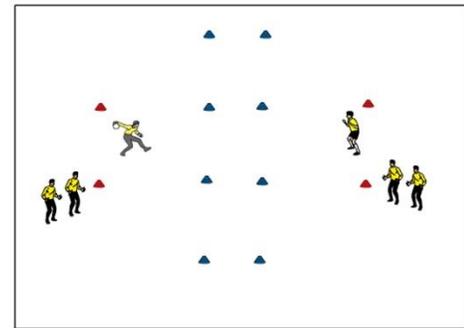
**Crosses, GK+1v1** — One keeper in goal plus one defender and one attacker (gray). Coach or server is on the flank beyond the side of the PK area serving crosses. After about 5-8 repetitions, players switch rolls. Then rotate to the other side. Each keeper should get three; 5-8 repetition rounds per side. GK must be loud in yelling "keeper" or "away". Encourage the GK's to test their range. Also, have them recognize on a driven ball, their range will not be as far out as if the ball is lofted into the box. Keep score for a competition for how many balls dropped or scored upon. Field players are passive at first and then begin to increase pressure.



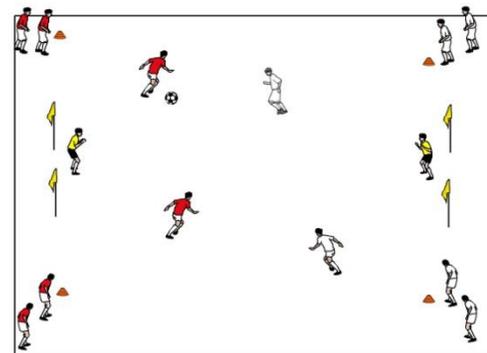
**Two ball Circle** –GK’s stand in a 10-15 yard diameter circle with one ball involved that can be passed at the shoulder height level to anyone except the player next to you. A second ball can be added once a rhythm is obtained. Then progress onto to skip balls, and rolling balls with pace. Instill into the players proper footwork to get their body behind each ball. There should be a high amount of communication between the keepers. Instill proper, accurate distribution. (Maximum activity length 15-20 minutes)



**Moving ball** - three or four players are on the arc around the 18 yard box (centrally) passing one ball while the working GK is using their footwork to constantly reposition themselves to be ready for a shot. At any point, a server can take a shot, especially if they think the keeper is out of position. Rotate after 5 shots. Each goalkeeper should get at least four rounds in the net. Servers should look to move the ball quickly to make it challenging for the goalkeeper.

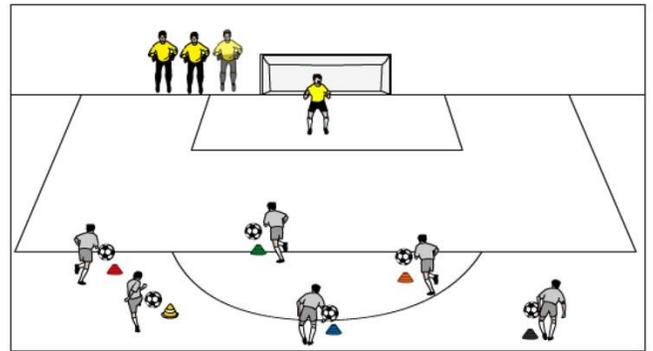


**Small Goal Saves** -- Two lines of players, each in between a cone goal, facing each other with one ball and extras on the sides. (maximum players per line is 3) Goals should be about 35-40 yards apart with a 10 yard buffer zone in the middle. Keepers are now trying to score on each other by either throwing or bowling it but the ball must bounce on the opponents half before a goal is scored. GK gets a point for a goal. Once a GK gets scored on, next person in line hops in. (Maximum activity length: 25 min)

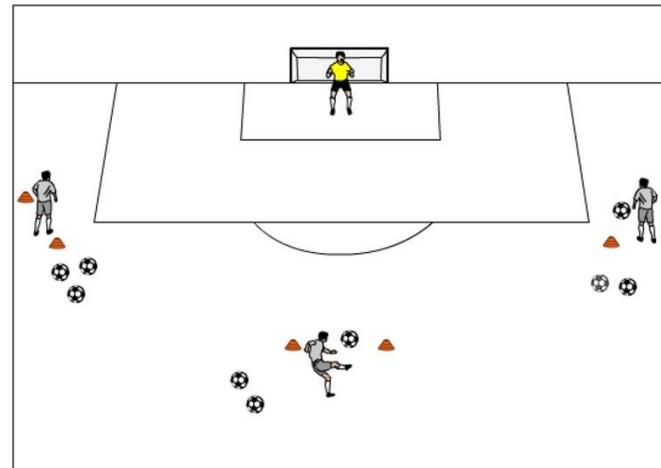


**2v2 to goal** — 2v2 to goal on a 35-40 yards long by 50 yards wide field. Field players should be divided into two teams (each team at a goal standing in a line at each post). First player in each line comes out to make it a 2v2 game. If a team scores, the two players stay on the field, turn and receive a new ball from their team standing in lines on the post, and attempt to score another goal. If scored on, rotate out. If ball goes out of bounds, both teams rotate off.

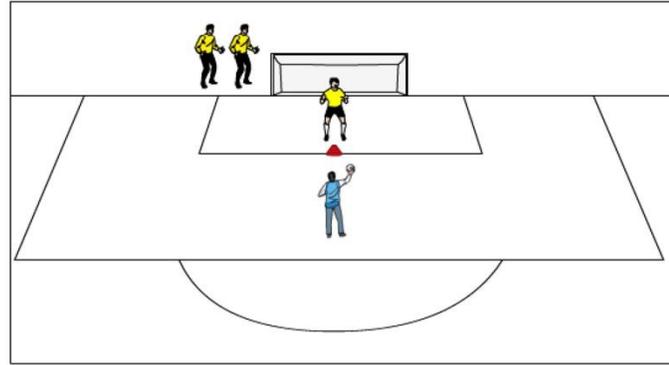
**Color Shots** – There are different colored cones or jerseys on a central arc about 16-20 yards outside of a goal, each with a server and several balls. One GK starts in net and as the coach calls out a color, the GK must adjust their positioning and be ready for the shot, based on what color the coach calls. Rotate after 5 shots. Each goalkeeper should rotate through at least 4 rounds of saves.



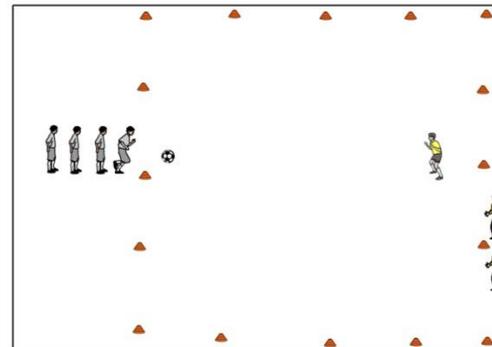
**Three Saves**- Three servers on the top of the 18 yard box, one centrally, one on each corner of the 18. Each server has a number (1, 2 or 3) and yells out their number when they are going to shoot next. GK's need to make sure to cut down the angle and set their feet before each shot and are not still moving when the ball is struck. Take about 5-8 repetitions and then rotate the goalkeepers. Each goalkeepers should have at least 4 rounds.



**Extension Diving for height** –Work in pairs, one server, one GK. The keeper kneels with one knee on the ground, one knee up (this is the side they are diving to). Server holds ball in palm of one hand about head height a few yards away from the keeper and a bit in front. Keeper pushed hard with the near leg and drives to the ball, catches off server’s hands and lands properly. Working goalkeeper performs about 3-5 dives each side, then rotate. Goalkeepers should go through about 3 rounds total.



**1v1 Grid Challenge** —An attacking line with field players sets up centrally at one end of the grid (15wide x 20long) and the GK line at the opposite end. The GK rolls ball to the attacker who must dribble over the opposite end line (the goal the GK is protecting) with possession for a point. Keep track of goals scored for a competition. Maximum 4 players in each the attacking line and GK line. GK should be looking to cut down the angle and force the attacker to one side. (Maximum length of activity: 20 minutes)



## Practice Sample Week 1

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Introduction</li><li>2. Stretching</li><li>3. Stuck in the Mud</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>1. 3 Surface</li><li>2. Coerver Foot Skills</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Passing Drills</i>	<ol style="list-style-type: none"><li>1. Circle Passing</li><li>2. Cone Passing</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>1. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 2

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. 2 laps around the field</li><li>3. Line Running</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>3. Bandit</li><li>4. 1v1 Cone</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Shooting Drills</i>	<ol style="list-style-type: none"><li>5. Open net Form shooting</li><li>6. 4 Corner Shooting</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>7. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 3

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. 10 squat jumps</li><li>3. Stuck in Mud</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>4. Coerver Foot Skills</li><li>5. 1v1 to Endline</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Passings Drills</i>	<ol style="list-style-type: none"><li>6. Passing with a partner</li><li>7. Wall passing</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>8. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 4

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. 10 jumping jack/10 pushups/ 10 sit ups</li><li>3. Box Run Relay</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>4. Bandit</li><li>5. 3 Surface</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Shooting Drills</i>	<ol style="list-style-type: none"><li>6. 2v1 shooting</li><li>7. Lay off and shoot</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>8. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 5

<i>Warm up &amp; Conditioning</i>	1. Stretching 2. Line Running	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	3. Coerver Foot skills 4. 1v1 Cone	15 Minutes
	<b>Water Break</b>	
<i>Passing Drills</i>	5. The Weave 6. Cone Passing	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	7. Scrimmage	20 minutes

## Practice Sample Week 6

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. Box Run Relay</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>3. Bandit</li><li>4. 1v1 to Endline</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Shooting Drills</i>	<ol style="list-style-type: none"><li>5. Open net Form shooting</li><li>6. 4 Corner Shooting</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>7. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 7

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. 10 Squat jumps</li><li>3. Stuck in Mud</li></ol>	10 minutes
<b>Water Break</b>		
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>4. Coerver Foot skills</li><li>5. 3 Surface</li></ol>	15 Minutes
<b>Water Break</b>		
<i>Passing Drills</i>	<ol style="list-style-type: none"><li>6. Passing with a partner</li><li>7. The Weave</li></ol>	15 minutes
<b>Water Break</b>		
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>8. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 8

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"> <li>1. Stretching</li> <li>2. 10 jumping jack/10 pushups/ 10 sit ups</li> <li>3. Line Running</li> </ol>	10 minutes
<b>Water Break</b>		
<i>Dribbling Drills</i>	<ol style="list-style-type: none"> <li>4. 1v1 Cone</li> <li>5. 1v1 Endline</li> </ol>	15 Minutes
<b>Water Break</b>		
<i>Shooting Drills</i>	<ol style="list-style-type: none"> <li>6. 2v1 shooting</li> <li>7. Lay off and shoot</li> </ol>	15 minutes
<b>Water Break</b>		
<i>Wrap up /Game</i>	Scrimmage	20 minutes

## Practice Sample Week 9

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. 2 laps around field</li><li>3. Stuck in Mud</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>4. Coerver Foot Skills</li><li>5. 1v1 to Cone</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Passing Drills</i>	<ol style="list-style-type: none"><li>6. The Weave</li><li>7. Wall passing</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>8. Scrimmage</li></ol>	20 minutes

## Practice Sample Week 10

<i>Warm up &amp; Conditioning</i>	<ol style="list-style-type: none"><li>1. Stretching</li><li>2. 2 laps around field</li><li>3. Box Run Relay</li></ol>	10 minutes
	<b>Water Break</b>	
<i>Dribbling Drills</i>	<ol style="list-style-type: none"><li>4. Dribble tag</li><li>5. Houston Traffic</li></ol>	15 Minutes
	<b>Water Break</b>	
<i>Shooting Drills</i>	<ol style="list-style-type: none"><li>6. 2v1 shooting</li><li>7. Lay off and shoot</li></ol>	15 minutes
	<b>Water Break</b>	
<i>Wrap up /Game</i>	<ol style="list-style-type: none"><li>8. Scrimmage</li></ol>	20 minutes