

3:00pm	2 laps & warm up
3:35pm	Dynamic Stretches
3:45pm	dribble around with ball inside small area use all parts of foot
3:55pm	5 cone drill - left ft only, rt ft only, both ft
4:05pm	hour glass
4:15pm	h20
4:20pm	3v3 or 4v4
4:35pm	discussion/H2O
4:40pm	3v3 or 4v4
4:55pm	discussion and end practice

This is a basic practice example