

## **Basic Team Practice by Angel**

### **Warm Up**

1. **Strength and stretch exercises**
2. **Easy pace running for + 5 min**

### **Speed Work**

1. **Jog 25 yards, sprint 25 yards. Repeat exercise using the full length of the field**
2. **Sprint from goal line to edge of circle, return to goal line running backwards**
3. **Shooting Practice**

### **Speed and Reaction**

1. **Sprint 20-50m on signal**
2. **Grid- dribbling from center to the 4 corners on given signal**

### **Skill Work**

1. **Feather ball in circle**
2. **Bounce ball on stick**
3. **Dribbling and dogging**
4. **Hitting and stopping**

### **Practice set pieces**

1. **Short corners**
2. **Penalty flicks etc.**

### **Mini Game**

### **Cool down**

1. **Jog around field**
2. **Stretch**