

90 Minute Practice Schedule		
<i>(Monday, Wednesday, Friday)</i>		
<i>5:30p - 7:00p Starting 3/10 (Sun sets approx 7:00p)</i>		
Duration	Description	Squads
10 Minutes	Dynamic Warm-up	All Squads Together
20-30 Minutes	Cone/Ladder Drills	All Squads Together
	1 Station per Team / 5 min Rotation	
2 Minute	Water Break	
<i>U9 & U11 Grey will proceed to Field 1 (Half field for each)</i>		
<i>U11 Blue & U13 Grey proceed to Field 2 (Half field for each)</i>		
<i>U13 Blue & U15 proceed to Field 3 (Half field for each)</i>		
10 Minutes	Line Drills/Stick Skills	Individual Squads
40 -50 Minutes	Skill Drills	Individual Squads
	<i>(Water Break when Needed)</i>	
	Team Scrimmage	Field 1 - U9 v U11 Grey
	<i>(Water Break when Needed)</i>	Field 2 - U11 Blue v U13 Grey
		Field 3 - U13 Blue v U15
	Team Talk / Breakout	All Squads Together
2 Hour Practice Schedule		
<i>(Saturday 10a - 12p 3/15, 3/22)</i>		
Duration	Description	Squads
10 Minutes	Dynamic Warm-up	All Squads Together
30 Minutes	Cone/Ladder Drills	All Squads Together
	6 Stations / 5 min Rotation	
2 Minute	Water Break	
<i>U9 & U11 Grey will proceed to Field 1 (Half field for each)</i>		
<i>U11 Blue & U13 Grey proceed to Field 2 (Half field for each)</i>		
<i>U13 Blue & U15 proceed to Field 3 (Half field for each)</i>		
10 Minutes	Line Drills/Stick Skills	Individual Squads
15 Minutes	Skill Drills	Individual Squads
2 Minute	Water Break	
15 Minutes	Skill Drills Con't	Individual Squads
25 Minutes	Team Scrimmage	Field 1 - U9 v U11 Grey
	<i>(Water Break when Needed)</i>	Field 2 - U11 Blue v U13 Grey
		Field 3 - U13 Blue v U15
	Team Talk / Breakout	All Squads Together
*** U13 Blue / U15		
Once MS season starts, will go directly to team scrimmage after warm-ups / agility.		
Mandatory Wednesday Practice; Monday, Friday optional depending on MS schedule.		
*** U7		
1 Hr Practices on Wednesdays		