

Sample Practice Plan

Session Length: Two Hours

Session Type: Regular Practice

The goal of this practice plan is to fit a lot into a short period of time and ensure that all of your players are getting as many touches as possible. To keep things running smoothly, decide who is on what team for each drill *before* practice begins so the players can organize themselves (and switch their pinnies) during their water breaks — to make it even easier, make the drill rosters available to them.

TIME	TOPIC	DRILL/NOTES	
00:00 — 00:10 (10 minutes)	Physical Warm-Up <i>Coach Tip: While the team is warming up, get the next two drills set up.</i>		
00:10 — 00:25 (15 minutes)	Technical Warm-Up Drill For field players, try: Vision Circle For goalkeepers, try: Tri-Technical Saving Drill		
00:25 — 00:30 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
00:30 — 00:50 (20 minutes)	Activation Drill For field players, try: Add/Subtract a Defender For goalkeepers, try: Three Gate Goalie Soccer, finish with three strokes per goalkeeper		
00:50 — 00:55 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
00:55 — 01:15 (20 minutes)	Small-Sided Drill to Goal Try: Transitional Half-Field Game <i>Coach Tip: Stop the drill randomly twice for an impromptu penalty stroke.</i>	Team 1	Team 2
01:20 — 01:45 (25 minutes)	Half-Field Drill or Scrimmage <i>Coach Tip: Split the game into halves (two 10-minute halves with a 5-minute halftime) and give your team different scenarios, for example, the score is 0-1 and Team 1 needs to score to force overtime (if they do, play a 3-minute 7v7), or Team 2 has a yellow card. This is a great way to get your team thinking about game management and introduce game-like pressure in a practice environment.</i>	Team 1	Team 2
01:45 — 02:00 (15 minutes)	Penalty Corner Practice <i>Coach Tip: For players not involved in penalty corners, have them lead a technical drill or a shooting drill on the other end of the field.</i>		
02:00	Clean Up and Recap		

Sample Practice Plan

Session Length: Three Hours

Session Type: Regular Practice

With a longer practice, you can build more time into your plan for instruction and technical skill work, while still setting aside time for important components of an in-season practice session like penalty corners, shootouts, and strokes.

TIME	TOPIC	DRILL/NOTES	
00:00 — 00:10 (10 minutes)	Physical Warm-Up <i>Coach Tip: While the team is warming up, get the next two drills set up.</i>		
00:10 — 00:25 (15 minutes)	Technical Warm-Up Drill For field players, try: Stick & Ball Warm Up For goalkeepers, try: Defending a Stroke		
00:25 — 00:30 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
00:30 — 00:55 (25 minutes)	Activation Drill For field players, try: Safety Zone Game For goalkeepers, try: Three Gate Goalie Soccer, finish with three strokes per goalkeeper		
00:55 — 01:00 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
01:00 — 01:20 (20 minutes)	Shooting Drill Try: It's a Little Crowded Shooting Drill		
01:25 — 01:55 (30 minutes)	Small-Sided Drill to Goal Try: Belgium Hockey <i>Coach Tip: Stop the drill randomly twice for an impromptu penalty stroke.</i>	Team 1	Team 2
01:55 — 02:00 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
02:00 — 02:30 (30 minutes)	Half-Field Drill or Scrimmage	Team 1	Team 2
02:30 — 02:45 (15 minutes)	Penalty Corner Practice <i>Coach Tip: Make sure you work on defensive penalty corners as well.</i>		
02:45 — 03:00 (15 minutes)	Shootout and Stroke Practice		
03:00	Clean Up and Recap		

Sample Practice Plan

Session Length: Two Hours

Session Type: Pre-Game Practice

In practice the day before a game you may want to keep spirits high and work on the tactical aspects of your game plan. A good mantra for pre-game practices is "short (well-planned) and sweet!"

TIME	TOPIC	DRILL/NOTES	
00:00 — 00:10 (10 minutes)	Physical Warm-Up <i>Coach Tip: While the team is warming up, get the next two drills set up.</i>		
00:10 — 00:20 (10 minutes)	Technical Warm-Up Drill For field players, try: Stick & Ball Warm Up For goalkeepers, try: Tri-Technical Shooting Drill		
00:20 — 00:25 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
00:25 — 00:40 (15 minutes)	Shooting Drill Try: It's a Little Crowded Shooting Drill <i>Coach Tip: End with a mini stroke competition to spread set-piece practice throughout the session.</i>		
00:45 — 01:05 (20 minutes)	Small-Sided Drill to Goal Try: Transitional Half-Field Game or Advantage Attacker to Goal		
01:05 — 01:10 (5 minutes)	Break Players: Water. Coaches: Set up next drill.		
01:10 — 01:25 (15 minutes)	Half-Field Drill or Scrimmage <i>Coach Tip: Keep this scrimmage short and address tactics that you want to focus on in tomorrow's game.</i>	Team 1	Team 2
01:25 — 01:50 (25 minutes)	Penalty Corner Practice <i>Coach Tip: Make sure you work on defensive penalty corners as well.</i>		
01:50 — 02:00 (15 minutes)	Shootout Practice		
02:00	Clean Up and Visualize Tomorrow's Win!		