

MIDDLE SCHOOL SOCCER PRACTICE SCHEDULE

TEAM: _____ COACH: _____ SEASON: FALL 2024

DAY	TIME	FOCUS / DRILLS	LOCATION
Monday	3:30 PM - 5:00 PM	Conditioning & Footwork Agility ladders, cone dribbling, sprint intervals.	Main Field A
Tuesday	3:30 PM - 5:00 PM	Passing & Possession Triangle passing, 4v2 rondos, spatial awareness.	Main Field A
Wednesday	3:45 PM - 4:45 PM	Tactical Film / Strategy Classroom session: Set pieces and positioning.	Media Room
Thursday	3:30 PM - 5:00 PM	Shooting & Finishing Crosses, penalty kicks, small- sided scrimmages.	Main Field B
Friday	3:30 PM - 4:30 PM	Match Prep / Scrimmage	Main Field A

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Full field 11v11, light cool down.

Equipment Checklist: Cleats, Shin Guards, Water Bottle (32oz+), Size 5 Ball, Team Jersey.