



SOCCER 2026

PRACTICE # 1 - Practice Turf
DATE: MONDAY, 3/2/26

TIME:

3:30 - 3:45

3:45 - 4:00

4:00 - 4:15

4:15 - 4:30

4:30 - 4:45

4:45 - 4:50

4:50 - 5:20

5:20 - 5:30

WARM-UP:

Soccer Balls

Move Goals - Fix Nets

Warm-up – (5 V 2) – Dynamic Stretch - Runs after pass!!!!

TECHNICAL

4 per Group - Circle Touches

Conditioning - Ladders

Water Break

Small Sided Scrimmages w/Goalies

Cool Down Jog and Stretch

Items for team:

Meet on the practice turf all week

Meet in the G100 Wing

Parents Night Tomorrow Night - Health Room