

JV Practice Plan #2

Agility Warm-up (5 min)

- Use FREEZE command

Dribbling (15 min)

- Large group demo
- More movement during team time
- Large group game OCTOPUS

Passing (5 min)

- Challenge stronger kids with farther pass or chest pass
- Pass off dribble

Shooting (30 min)

- Large group demo
- Team time (lots of reps)
- Demo *two line drill*
- Team time - *two line drill*
- Large group shooting game AROUND THE WORLD