

Practice Plan B - 1 coach

6:30 - 6:50 Warm-up

1 lap team jog

Leg stretches

Line drills (passing right/left, ground ball, over shoulder catch)

6:50 - 7:50 Drills (10 minutes each)

Oklahoma

2 v 1 man/ball

Off the ground

Chase the rabbit

4 corner box

5 v 3 defense rotation

7:50 - 8:00 Water break

8:00 - 8:25 Scrimmage

8:25 - 8:30 Recap/debrief