

# U-MSC

## Practice Plan 2

Name: _____	Date: _____
Age Group: _____	Theme: _____

<b>Activity</b>	<b>Coaching Points</b>
<b>1<sup>st</sup> Activity (warm-up)</b> <i>Name</i>  	▪
<b>2<sup>nd</sup> Activity</b> <i>Name</i>  	▪
<b>3<sup>rd</sup> Activity</b> <i>Name</i>  	▪
<b>4<sup>th</sup> Activity</b> <i>Name</i>  	▪
<b>5<sup>th</sup> Activity (the game)</b> <i>Name</i>  	▪

Scrimmage 2v2 or 3v3