

Celebrity Grasshopper Soccer Practice

Fax your practice to Michael Ray 412-232-4446

1. Warm-up (10 minutes)

2.

Skill Demonstration & Practice (5 min.)

3.

Skill Related Game (5 min.)

4.

Skill Related Game (5 min.)

5.

1 v 1 Challenge (10 min)

6. 3 v 3 Scrimmage (10 minutes)

X

_____ *your name here*