

- Team Meeting – 20
- Dynamic Warm up 10
- Cone Set – 5
- Break – 5
- Divide into even teams – 5
- Scrimmage -30
- Cool down – 10
- Circle time – 5

Time -90 minutes

- Intro, Ice Break -5
- Dynamic Warm-up - 10
- 50 Touches - 2
- 50 touches –switch - 2
- 50 touches –switch - 2
- Toe Touches - 2
- Instep Touches -2
- Forward – Back - 2
- Inside Outside- 2
- Cone Set - 5
- Break -5
- Divide Group in even teams - 5
- Scrimmage - 2 minutes or first score - 30
- Cool Down - 6

Time – 90 minutes

- Ice Break - 5
- Dynamic Warm Up - 10
- 50 Touches -2
- Core - Sit-ups – 3
- Core - Leg Lifts - 3
- Cone Set - 2
- Break - 5
- Tri-Angle Lay Offs -10
- Tri-Angle Layoffs reverse -10
- Cone set -5
- Break - 5
- Scrimmage -20 two minutes or first to score
- Cool Down – Circle - 10

Total Time 90 minutes

- Ice Break -5
- Dynamic Warm Up – 10
- 50 Touches – 5
- Passing Lanes – 5
- Passing Lanes with Layoff – 5
- Cone set – 5
- Break – 5
- Pressure Cover - 10 12x3 and 9x3 grid
- Cone Set -5
- Break/Divide into even teams - 5
- Scrimmage 20
- Cool Down – Circle – 10

Total Time 90 minutes