

DATE:

BRONCO SOCCER PRACTICE

Notes from previous match & Practice Focus

Practice. Time allotted for each session may vary

4:00 - 4:30 Warm-up & Conditioning

4:30 - 4:45 Small Sided Activity

4:45 - 5:00 Expanded Small Sided Activity

5:00 - 5:30 Full Game

Practice Highlights / player standouts / Starting Line Up