

Week 2
Practice 4

Goals: Work on progressions and transitional play.
Reinforce Motion Offense and team defense principles. Introduce riding

Activity		Brief Description
1 st Q	Stick work Stretch Groundballs	Star, Full field Meatloaf Dynamic 3v2 GB variations
2 nd Q	Positional Attack Middies Defense Progression	Z dodges, 2 ball shooting 3 Man motion Footwork, Horsey Series 1v1 Diamond Buildup
3 rd Q	Transition 43 to 44 54 65	Full Field, have pinnies/reversible,
4 th Q	Motion Offense Clears Ride	Separate into 2 groups of attack and middies Y Slide Read and Recovery Drill 30 Motion Skeleton Choose Open, 4 across or 31 Choose 12 or 33