

**Week 5
Practice 10**

Goals: Continue to value each possession and limit turnovers while reinforcing offense and defense schematics.

	Activity	Brief Description
1 st Q	Stick work	4 man, Yale, Meatloaf
	Stretch	Dynamic
	Groundballs	1v1, 3v2
2 nd Q	1v1 Diamond Buildup	
	3v3	Toomey Drill
3 rd Q	6v6 Motion	Reinforce set pieces out of Motion offense
	Manup/Mandown	Reinforce second offense, variation
4 th Q	Unsettled Full Field	Essex buildup
	Shooting	Essex Series