

**Week 1  
Practice 2**

**Goals: Focus on fundamentals. Increase reps and reinforce basic defensive concepts.**

	Activity	Brief Description
<b>1<sup>st</sup> Q</b>	Stick Work  Stretching Ground balls	Winthrop box passing, Fried Full Field Series Be comfortable being uncomfortable Dynamic Sportspeed Progression, Winthrop progressions
<b>2<sup>nd</sup> Q</b>	<b>Positional Work</b> Attack Middies Defense Shooting	Robinson Partner series  Morgan Fundamentals Tucker fundamentals, Basic X-series
<b>3<sup>rd</sup> Q</b>	<b>Transitions</b> 21 32 Pressure Box drill	Winthrop series
<b>4<sup>th</sup> Q</b>	1v1, 2v2, 3v3  4v4, 5v5, 6v6, 7v7	Winthrop Defensive Progressions Introduce Basic Offensive Motion