

Week 2  
Practice 3

Goals Continue to focus on fundamentals while increasing reps. Stress the value of each possession.

	Activity	Brief Description
1 <sup>st</sup> Q	Stick Work  Stretching Ground balls	Winthrop box passing, Fried Full Field Series Tucker Partner Passing Dynamic 1v1 behind goal, 3 person Army drill
2 <sup>nd</sup> Q	<b>Positional Work</b> Attack Middies Defense <b>Shooting</b>	Tucker dodges Robinson Partner series 1v1 crease Tucker fundamentals, Basic X-series Defense...Fried Checking Drill
3 <sup>rd</sup> Q	<b>Transitions</b> 43 54 Full field  Transitional defense Pressure Box drill	Winthrop series  Fried series
4 <sup>th</sup> Q	1v1, 2v2, 3v3  4v4, 5v5, 6v6, 7v7	Winthrop Defensive Progressions Reinforce basic offensive motion

**Kūddda**