

**Week 4
Practice 8**

Goals: Introduce Clears and Reinforce ManUp and ManDown situations.

	Activity	Brief Description
1 st Q	Stick Work	Pressure Box
	Stretching	Dynamic
	Groundballs	1v1 Behind Goal, Army Drill
	Shooting	Fried Series
2 nd Q	Clearing	Winthrop Clearing Drill JHU Breakout Drill
	43 to 54 Full Field	Winthrop Drills
3 rd Q	ManUp & ManDown Principles	Fried ManUp Morgan ManDown
4 th Q	7v6 Full Field	Fried Drill Morgan Series on Doubling Ball Adding Defensive Pressure Apply Defending Picks Start w/Draws