

**Week 5
Practice 9**

**Goals: Reinforce Clears and Rides. Continue to
prepare for first game.**

	Activity	Brief Description
1 st Q	Stick Work	Tucker Partner Passing, Pressure Box
	Stretching	Dynamic
	Groundballs	1v1 Behind Goal, Army Drill
	Shooting	Star Shooting,
2 nd Q	Clearing	Winthrop Clearing Drill JHU Breakout Drill
	Full Field Rides	Fried Full Field Drills/Games
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