

Week 5
Practice 10

Goals: Work on situations in full field scrimmage.
Draws, clears and rides, settling into 7v7 sets.

	Activity	Brief Description
1 st Q	Stick Work	Fried Partner Passing Series
	Stretching	Dynamic
	Stick Work	Pressure Box
2 nd Q	Transitions 21 32 65	Winthrop Series
	Full Field Scrimmage	Draws Clears Rides
4 th Q	Full Field Scrimmage	Defensive Pressure Ball Movement
	Shooting	Fried Series