

Week 1
Practice 1

Goals: Lots of reps catching and throwing. Focus on fundamentals

	Activity	Brief Description
1 st Q	Stickwork	Triangle series RH inside, RH outside, LH inside, LH outside
	Stretch	Dynamic Stretching
	Groundballs	2 hands!!!! 1v1, butt-to-butt, 2v1
2 nd Q	Positional Work Attack- dodges Middies- dodges Defense- stickwork	Bull, Split, Inside roll Split attack alley, reverse Cross field, GB, shuttle
3 rd Q	Transitional 1v1 Plus series	Use all parts of the field
	Shooting	Give and Go's with coach, X passing
4 th Q	Pack the Crease	Focus on ball movement and matching up
	3v3	Toomey Drill Use different parts of the field