

Week 1
Practice 2

Goals: Increase stick work and transitional play.
Introduce Motion Offense and team defense principles

Activity		Brief Description
1 st Q	Stick work Stretch Groundballs	Triangle series Canada, Yale ,4 man Dynamic 1v1, 2v1, 3v2. Use 2-3 groups to increase reps
2 nd Q	Positional Attack Middies Defense	Split, Z dodges, Inside Split dodge and throwbacks Goalie outlets, Roll backs
3 rd Q	Transition 1v1 Plus 3v2 4v3	Use different parts of field, multiple groups Focus on defensive shape, ball movement
4 th Q	Introduce Motion Offense Defense Shooting	Separate into 2 groups of attack and middies Y Slide Read and Recovery Drill 30 Motion Skeleton X variations, Middies off picks feed from GLE,