

Week 2  
Practice 3

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

Activity		Brief Description
1 <sup>st</sup> Q	Stick work Stretch Groundballs	4 Man, Figure 8's, Full field Meatloaf Dynamic 3v2 GB variations
2 <sup>nd</sup> Q	<b>Positional</b> Attack Middies Defense  Progression	Z dodges, 2 ball shooting 3 Man motion Footwork, Horsey series  1v1 Diamond Buildup
3 <sup>rd</sup> Q	<b>Transition</b> Full field 54  43 to 44	Full Field, have pinnies/reversible,
4 <sup>th</sup> Q	Introduce Motion Offense Defense  Clears	Separate into 2 groups of attack and middies Y Slide Read and Recovery Drill 30 Motion Skeleton Choose Open, 4 across or 31