

Week 3
Practice 5

Goals: Work on transitional play. Reinforce Riding and Clears. Introduce manup situations

	Activity	Brief Description
1st Q	Stick work Stretch Groundballs	Box Passing series, UNC series Dynamic 3v2 GB variations
2nd Q	Shooting Transition 43 to 44	C Cut series, Navy Series Use both goals to increase reps
3rd Q	54 65 6v6 Motion Offense	Full Field, have pinnies/reversible, Focus on ball and player movement. Y Slide Read and Recovery Drill 30 Motion Skeleton
4th Q	Clears Ride Manup	Choose Open, 4 across or 31 Choose 12 or 33 Choose between 141, circle, or 231 series