

**Week 3**  
**Practice 6**

**Goals: Continue to work on half field settled situations**

	Activity	Brief Description
1 <sup>st</sup> Q	Stick work	UNC series, Canada, Yale, 4 Man
	Stretch	Dynamic
	Shooting	C Cut series, Navy Series
2 <sup>nd</sup> Q	3v3	Toomey Drill
	Transitional	9 Line Perimeter
3 <sup>rd</sup> Q	Manup	Choose between 141, circle, or 231 series
	1v1 Diamond Buildup	1v1, 2v2, 3v3, 4v4, 5v5, 6v6
4 <sup>th</sup> Q	Motion Offense	6v6
	7 Lines to goal	UNC drill