

**Week 4
Practice 7**

Goals: Lots of transitional, settled and manup situations. Lots of shooting.

	Activity	Brief Description
1 st Q	Stick work	3 groups Attack Z dodges, Middies Split dodge throwbacks, Defense X-field Passes.
	Stretch	Dynamic
	Shooting	Essex series
2 nd Q	1v1 Diamond Buildup	1v1, 2v2,3v3, 4v4, 5v5, 6v6
	Motion Offense	30 Motion Skeleton, 6v6
3 rd Q	Manup/Mandown	Choose between 141, circle, or 231 series
4 th Q	Transition- full field	Essex buildup
	Shooting	4 point drill