

**Week 4
Practice 8**

Goals: Up-tempo unsettled situations. Value each possession and limit turnovers

	Activity	Brief Description
1 st Q	Stick work	3 groups Attack Z dodges, Middies Split dodge throwbacks, Defense X-field Passes.
	Stretch	Dynamic
	Stick work	Canada, Yale, Meatloaf
2 nd Q	Transitions Unsettled Full Field	43 to 44, 54 and 65
3 rd Q	3v3	Toomey Drill
	6v6 Motion	
4 th Q	Transition- full field	Essex buildup
	Full Field 10v10	