

Week 5  
Practice 9

Goals: Continue to value each possession and limit turnovers

	Activity	Brief Description
1 <sup>st</sup> Q	Stick work	Canada, Yale, 4 man Meatloaf- full field
	Stretch	Dynamic
	Shooting	Attack 2 ball shooting, middies alley dodges throw backs, defense X field passing
2 <sup>nd</sup> Q	Unsettled Full Field	Essex buildup
3 <sup>rd</sup> Q	6v6 Motion	Introduce some set pieces out of Motion offense
4 <sup>th</sup> Q	Manup/Mandown Full Field 10v10	Possibly add second offense, variation