

**Week 1
Practice 1**

Goals: Focus on fundamentals. Introduce basic defensive and offensive concepts.

	Activity	Brief Description
1st Q	Stick Work Stretching Ground balls	Tucker Partner Passing, Fried Full Field Series Dynamic Sportspeed Progression
2nd Q	Positional Work Attack Middies Defense Shooting	Robinson Partner series Morgan Fundamentals Tucker fundamentals
3rd Q	Transitions 21 32	Winthrop series
4th Q	1v1, 2v2, 3v3 4v4, 5v5, 6v6, 7v7	Winthrop defensive Progressions Introduce Basic Offensive Motion