

**Week 1
Practice 2**

Goals: Focus on fundamentals. Increase reps and reinforce basic defensive concepts.

	Activity	Brief Description
1st Q	Stick Work Stretching Ground balls	Winthrop box passing, Fried Full Field Series Be comfortable being uncomfortable Dynamic Sportspeed Progression, Winthrop progressions
2nd Q	Positional Work Attack Middies Defense Shooting	Robinson Partner series Morgan Fundamentals Tucker fundamentals, Basic X-series
3rd Q	Transitions 21 32 Pressure Box drill	Winthrop series
4th Q	1v1, 2v2, 3v3 4v4, 5v5, 6v6, 7v7	Winthrop Defensive Progressions Introduce Basic Offensive Motion