

Week 2
Practice 3

Goals Continue to focus on fundamentals while increasing reps. Stress the value of each possession.

	Activity	Brief Description
1 st Q	Stick Work Stretching Ground balls	Winthrop box passing, Fried Full Field Series Tucker Partner Passing Dynamic 1v1 behind goal, 3 person Army drill
2 nd Q	Positional Work Attack Middies Defense Shooting	Tucker dodges Robinson Partner series 1v1 crease Tucker fundamentals, Basic X-series Defense...Fried Checking Drill
3 rd Q	Transitions 43 54 Full field Transitional defense Pressure Box drill	Winthrop series Fried series
4 th Q	1v1, 2v2, 3v3 4v4, 5v5, 6v6, 7v7	Winthrop Defensive Progressions Reinforce basic offensive motion

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