

Week 2
Practice 4

Goals: Focus on the “parts” and then apply to 7v7 progressions.

	Activity	Brief Description
1 st Q	Stick Work Stretching Ground balls	Winthrop box passing, Winthrop Full Field Tucker Partner Passing Dynamic Sportspeed progression
2 nd Q	Positional Work Attack Middies Defense Shooting	Tucker dodges Robinson Partner series, split dodges Checking Drill, 1v1 crease, 2v2 crease defense, Tucker fundamentals, Basic X-series Defense...Fried Checking Drill
3 rd Q	Transitions 21 to 32 to 43 54 Full field Transitional defense	Winthrop series Fried series
4 th Q	1v1, 2v2, 3v3 4v4, 5v5, 6v6, 7v7	Winthrop Defensive Progressions Reinforce basic offensive motion Review defensive fundamentals