

**Week 4
Practice 7**

**Goals: Focus on the parts of the game and apply.
Introduce basics of ManUp and ManDown situations.**

	Activity	Brief Description
1 st Q	Stick Work	Robinson Shuttle Lines, Winthrop Box Passing, Fried Full Field Series
	Stretching	Dynamic
	Groundballs	1v1 Behind Goal, Army Drill
2 nd Q	Defending Off-Ball Picks	Fried 2v2 Series of Fundamentals of Setting Picks Winthrop Series on Defending Off Ball Picks
	Shooting	Fried series
3 rd Q	ManUp & ManDown Principles	Fried ManUp Morgan ManDown
4 th Q	7v6 7v7	Fried Drill Morgan Series on Doubling Ball Adding Defensive Pressure Apply Defending Picks

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