

**Week 4  
Practice 8**

**Goals: Introduce Clears and Reinforce ManUp and ManDown situations.**

	Activity	Brief Description
<b>1<sup>st</sup> Q</b>	Stick Work	Pressure Box
	Stretching	Dynamic
	Groundballs	1v1 Behind Goal, Army Drill
	Shooting	Fried Series
<b>2<sup>nd</sup> Q</b>	Clearing	Winthrop Clearing Drill JHU Breakout Drill
	43 to 54 Full Field	Winthrop Drills
<b>3<sup>rd</sup> Q</b>	ManUp & ManDown Principles	Fried ManUp Morgan ManDown
<b>4<sup>th</sup> Q</b>	7v6 Full Field	Fried Drill Morgan Series on Doubling Ball Adding Defensive Pressure Apply Defending Picks Start w/Draws