

**Week 5  
Practice 9**

**Goals: Reinforce Clears and Rides. Continue to  
prepare for first game.**

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