Daily Practice Plan

Date: 01/07/2019  Time: 4:00-6:00pm
Location: Practice Turf-Full Field

Practice Objectives

- Uptempo !!
- Install 2-3-1 motion
- Work on rotations → Split A & D
  → No Defense
  → Skelly
- 4 Across Clear vs. 3-3 Zone Ride

<table>
<thead>
<tr>
<th>Time</th>
<th>Attack</th>
<th>Midfield</th>
<th>Defense</th>
<th>Specialty</th>
<th>Goalie</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td></td>
<td>Dynamic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5-15</td>
<td></td>
<td>St. Mary’s Full Field Clearing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15-25</td>
<td>Attack motion</td>
<td>Middle motion</td>
<td>Clearing/stick work</td>
<td>with Coach</td>
<td></td>
</tr>
<tr>
<td>25-35</td>
<td></td>
<td>Skelly 6v0</td>
<td>Clearing/stick work</td>
<td>with Coach</td>
<td></td>
</tr>
<tr>
<td>35-40</td>
<td></td>
<td>Static Stretch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40-55</td>
<td></td>
<td>Y-Drill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55-85</td>
<td></td>
<td>6 v 6 (2-3-1 vs. Man)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85-90</td>
<td></td>
<td>Install Virginia Play</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90-100</td>
<td></td>
<td>Full Field → 4 Across Clear vs. 3-3 ride</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100-120</td>
<td></td>
<td>Full Field Scrimmage → Focus</td>
<td>Ride/Clear</td>
<td>6 v 6 Offense</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Start ball on end line or sideline</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Post Practice Notes

--> Rotations were okay for 1st time — need a couple more days with rotation work.

--> Need GB work!

--> Need to attack ride quicker — better timed movement.
Notes:
1) Focus — Middle rotation with a dodging
2) D-slide from Crease—if needed

Focus — Middle rotation with
Middle dodging
2) D-slide from Adj.

1) Focus — Attack rotation with
Middle dodging
2) D-slide from Adj.

1) Focus — Rotation/working on playing off each other.
2) After 2 rotations — Finish with dodge and shot.

Focus — Dodge and Throw back for shot or dodge
1) Goal — get A3 backside with blind pick
2) A3 —> Shot, M3 (dodge with no slide or easy read)
3) M3 —> Shot, M, or A

© Keys
- Move balldown slidelines
- Timed outs, break when player catches ball
- Mirror the drill down other sideline