

Daily Practice Plan

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

Practice Objectives

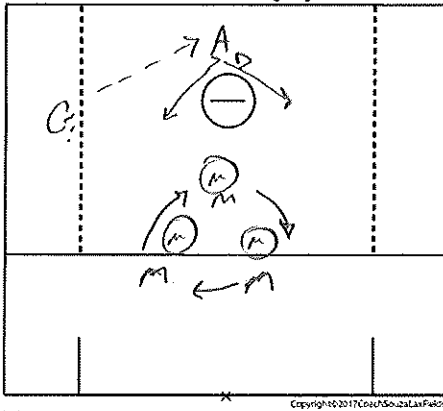
- Uptempo !!
- Install 2-3-1 motion
- Work on rotations -> Split A & D
- 4 Across Clear vs. 3-3 Zone Ride
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- > No Defense
- > Skelly

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

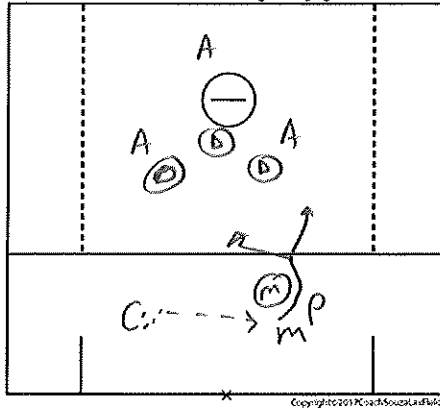
Post Practice Notes

- > 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.

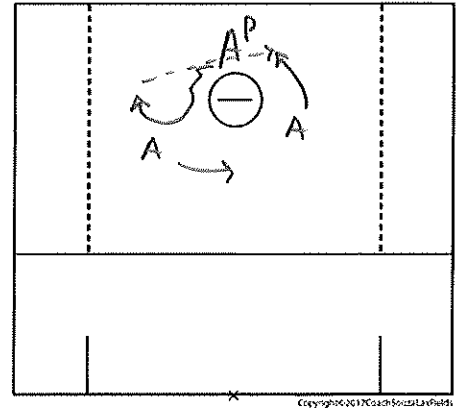
Y-DRILL (X)



Y-DRILL (Top)



Attack Motion Shooting



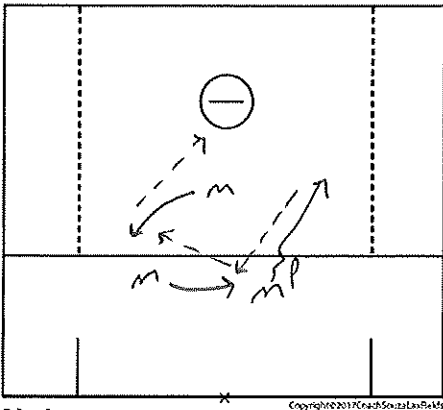
Notes:

- 1) Focus — Middle rotation with a dodging
- 2) D-slide from Crease—if needed

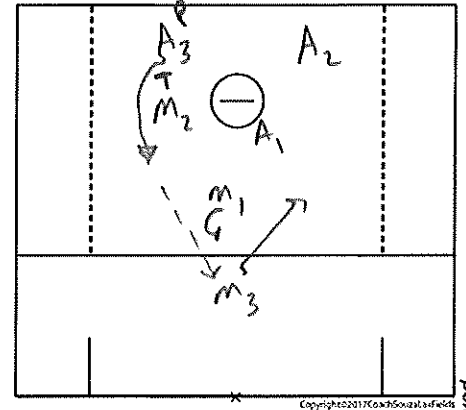
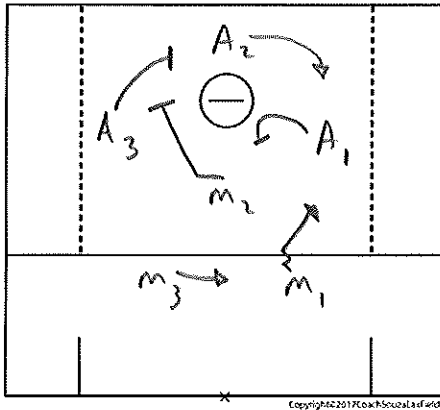
- 1) Focus — Attack rotation with Middle dodging
- 2) D-slide from Adj.

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

Middle Motion Shooting



Virginia Play



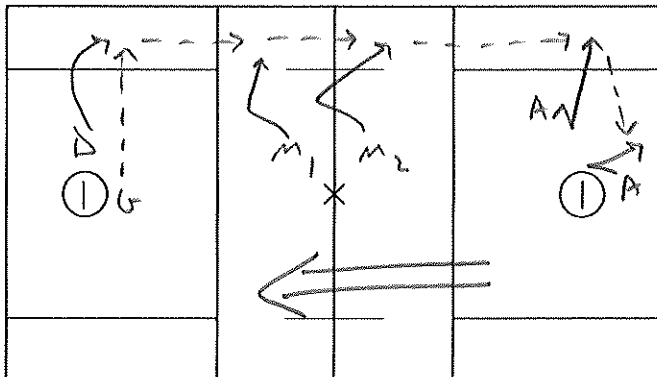
Notes:

- Focus — Dodge and Throw back for shot or dodge

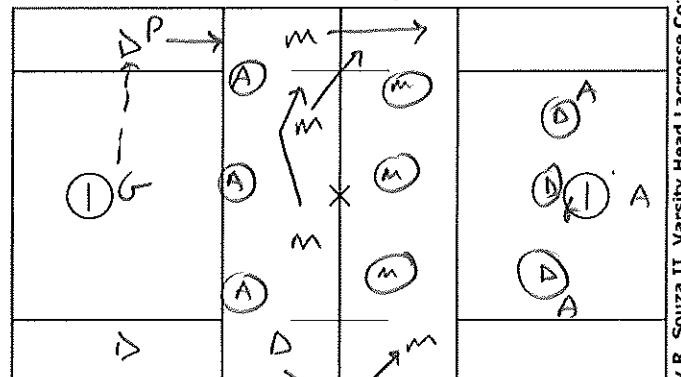
- 1) Goal → get A₃ backside with blind pick

- 2) A₃ → Shot, M₃ (dodge with no slide or easy read)
- 3) M₃ → Shot, M, or A

St. Mary's Clearing



Clear 4 Across vs. 3/3 Zone Ride



Notes:

- **Keys**
- Move ball down sidelines
- Timed cuts, break when player catches ball
- Mirror the drill down other sideline