



WORKOUT 5

TUE JUN 16

3:00 - 5:00pm

Clock

Defense "ready/goalie"

On ball

3:00 (55) Lift

4:00 (15) Warm Up

Line jumps (add ball)

Goalie

Under Mikans

Slide Mikan

4:15 (15) Finishing school

Arc Speed

Arc Pace

Toss

Arc

Speed

- A. Reach x 1
- B. OH *Freeze
- C. SS OH *freeze
- D. Donut
- E. Euro

4:30 (10) Rose Series (add BDT)

Slack drive

- A. Jab
- B. Change Direction

Size Up drive

Slide, Hook/Jumpskip

**Give and Go Slide Nash Under Mikan*

4:40 (10) Shooting

Groove

- A. Set
- B. Catch
- C. Zero

Zero (stab, change direction)

Moneyball

Escapes

MD Check up rose 3 lanes 1 ball

4:50 (10) Transition Series

(add corner?)

Shot

Stab Pull

Stab Attack

Jab (Early pass)

Conditioning

5:00 Center Court (6 feet)

Wash hands

Social distanced when leaving