

# MISSION5&2

**DATE:** Dec. 1, 2018

**PRACTICE # 1**

**TEAM HUDDLE**

- Start with some 5&2s!

**DYNAMIC WARM-UP**

**FUNDAMENTAL DRILLS**

**TEAM DEFENSE**

**TEAM OFFENSE**

**TEAM SCRIMMAGE**

**FUN**

**FINISH!**

**TEAM HUDDLE: Final Thoughts...**

**FINISH WITH 5&2s!**

