Date	14-Jan-09	Intensity	H	Volume	H	Objectives	team play	
	1230		M		M		defense	
			L		L		mallin, marc	
absent								

Activities

Time	15	Time	10
Objective	s-r	Objective	defense
Keys		Keys	
Detail		Detail	
penalty s-r, off boxes		in pairs, dig	

Time	30	Time	20
Objective	defense	Objective	defense, serving
Keys		Keys	
Detail		Detail	
5 on 5 kojima		6 on 6, wash, starters in back row	

Time	20	Time	20
Objective	defense	Objective	mallin, marc
Keys		Keys	
Detail		Detail	
2 man retrieve		plus 10	