

7-9 Year Old Girls

PRACTICE #7 AND #8

Station	Drill
1 - 5:00	Dodge a Coach
	<ul style="list-style-type: none"> C = Parent, Coach, or other Volunteer 4-6 players max.
2 - 5:00	Noodle Scooping/ Hula Hoop Passing
	<ul style="list-style-type: none"> C = Parent, Coach, or other Volunteer 8 players max.
3 - 5:00	2v2 Game to 1
	<ul style="list-style-type: none"> 4-6 players max.
4 - 5:00	Messy Backyard
	<ul style="list-style-type: none"> 4 player min. 8 players max.
5 - 5:00	Odd Number Keep Away
	<ul style="list-style-type: none"> 5 player min., 7 player max.
6 - 5:00	Score on any Goal
	<ul style="list-style-type: none"> 6 player min. 8 players max.

Notes:

1. Water is provided at each station and players hydrate during their off time in the station
2. Visit each station twice, but not back to back.

