

# 12-13 Year Old Boys

## PRACTICE #4

Station	Drill
1 - 8:00	Run the Arc +1 <ul style="list-style-type: none"> <li>6 players max</li> </ul>
2 - 8:00	3v2 Sideways <ul style="list-style-type: none"> <li>10 players max.</li> </ul>
3 - 8:00	4v4 Game to 1 <ul style="list-style-type: none"> <li>8-10 players max.</li> </ul>
4 - 8:00	3v2 West Genny <ul style="list-style-type: none"> <li>4 player min.</li> <li>8 players max.</li> </ul>
5 - 8:00	Odd Number Keep Away <ul style="list-style-type: none"> <li>5 player min., 7 player max.</li> </ul>
6 - 8:00	Score on any Goal <ul style="list-style-type: none"> <li>6 player min., 8 player max.</li> </ul>
7 - 8:00	Numbers Drill <ul style="list-style-type: none"> <li>1/2 team at each end</li> </ul>
10:00	Settled Offense/Settled Defense Progressions <ul style="list-style-type: none"> <li>12-15 players per side</li> </ul>
20:00	Live Scrimmage <ul style="list-style-type: none"> <li>(2) 10-minute halves</li> </ul>

### Notes:

1. Water is provided at each station and players hydrate during their off time in the station

