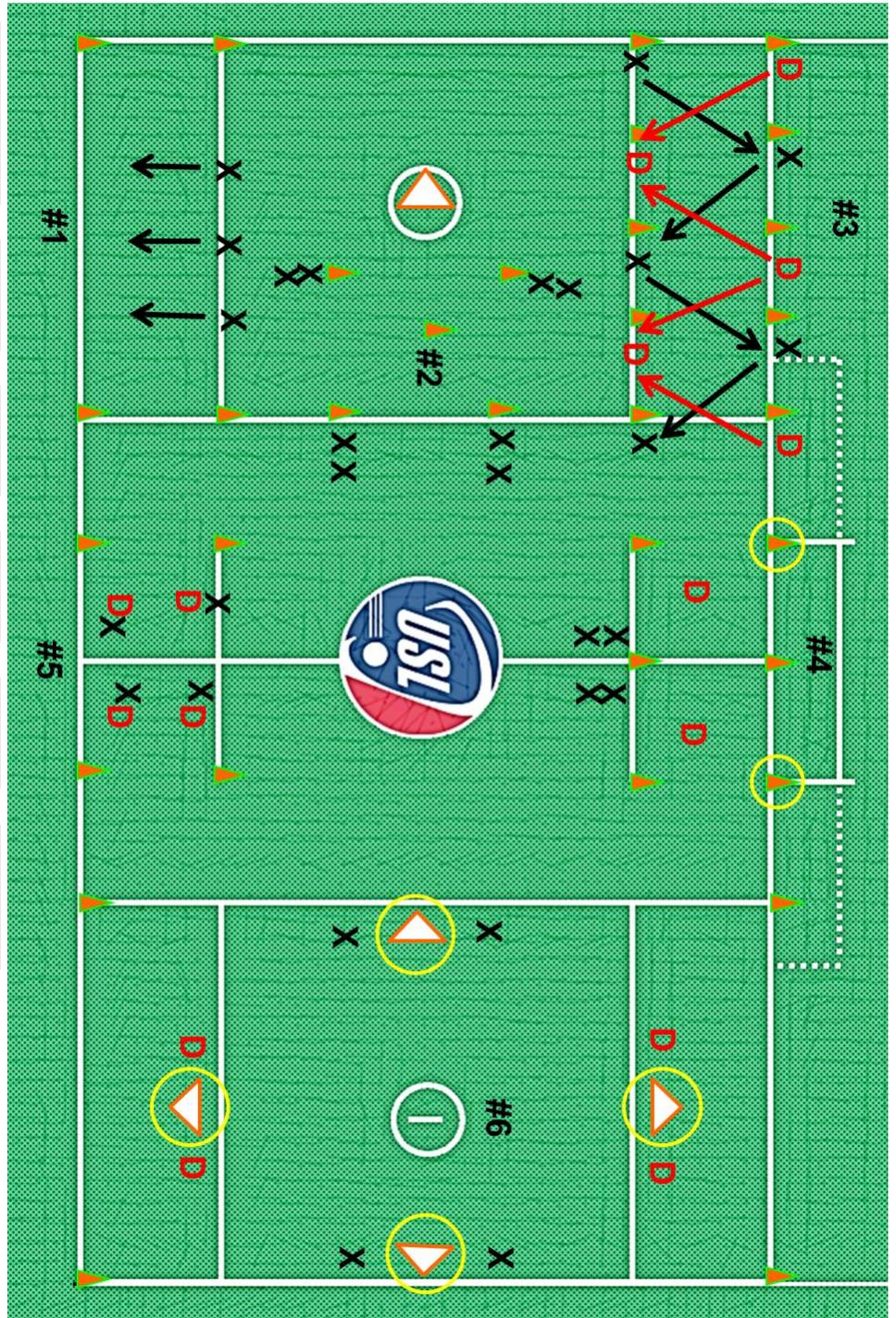


7-9 Year Old Boys

PRACTICE #5 AND #6

Station	Drill
1 – 7:00	J-Turn Groundballs
<ul style="list-style-type: none"> Max. 8 players, Min. 3 players 	
2 – 7:00	Scoop and Shoot
<ul style="list-style-type: none"> Max. 8 players, Min. 4 players 	
3 – 7:00	Eagle Eye
<ul style="list-style-type: none"> Max. 10 players, Min. 4 players 	
4 – 7:00	Forcing Box
<ul style="list-style-type: none"> Max. 8 players, Min. 4 players 	
5 – 7:00	Pinnie Tag
<ul style="list-style-type: none"> Max. 8 players, Min. 6 players 	
6 – 7:00	Hungry Hippos
<ul style="list-style-type: none"> Free Play Max. 12 players, Min. 8 players 	



Notes:

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