

# 7-9 Year Old Boys

## PRACTICE #7 AND #8

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

### 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.

