

14-15 Year Old Girls

PRACTICE #9

| Station | Drill |
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| 1 - 8:00 | Agility Course • 10 player max. |
| 2 - 8:00 | 4x4x3 • 12 players max. |
| 3 - 8:00 | Run the Arc + 1 • 6 - 8 players |
| 4 - 8:00 | Velcro Shooting • 6 - 8 players |
| 5 - 8:00 | Score on any Goal • 12 players max. |
| 6 - 8:00 | 2v1 Groundballs • 12 players max. |
| 10:00 | 4v3 West Genny • Whole Team |
| 10:00 | Riding Progressions • Whole Team |
| 10:00 | Clearing Progressions • Whole Team |
| 10:00 | Situational Scrimmage • Whole Team • (2) 5-minute halves |

Notes:

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

