

# 12-13 Year Old Girls

## PRACTICE #8

Station	Drill
1 - 8:00	Hogan Butt to Butt <ul style="list-style-type: none"> <li>10 player max.</li> </ul>
2 - 8:00	Pinnie Tag <ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>
3 - 8:00	Circle Groundballs <ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>
4 - 8:00	Triangle Passing <ul style="list-style-type: none"> <li>6 players max</li> </ul>
5 - 8:00	Velcro Shooting <ul style="list-style-type: none"> <li>6 players max.</li> </ul>
6 - 8:00	3v3 Games to 1 <ul style="list-style-type: none"> <li>9 player max.</li> <li>Free Play</li> </ul>
7 - 8:00	Run the Arc +2 <ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>
8 - 8:00	Canadian 2v2's <ul style="list-style-type: none"> <li>6 players min.</li> <li>12 player max.</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

