

# 9-11 Year Old Boys

## PRACTICE #5 AND #6

Station	Drill
1 - 7:00	3v2 Groundballs
	<ul style="list-style-type: none"> <li>10 player max.</li> </ul>

2 - 7:00	Eagle Eye Passing
	<ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>

3 - 7:00	4x4x3
	<ul style="list-style-type: none"> <li>8 players max.</li> <li>Alternate 4 man offense shapes</li> </ul>

4 - 7:00	2v1 Keep Away
	<ul style="list-style-type: none"> <li>6 players min.</li> <li>8 players max.</li> </ul>

5 - 7:00	Agility Course
	<ul style="list-style-type: none"> <li>8 players max.</li> </ul>

6 - 7:00	3v3 Games to 1
	<ul style="list-style-type: none"> <li>9 player max.</li> <li>Free Play</li> </ul>

7 - 7:00	Run the Arc +1
	<ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>

8 - 7:00	3v3 Sideways
	<ul style="list-style-type: none"> <li>6 players min.</li> <li>12 player max.</li> </ul>

### Notes:

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

