

# 12-13 Year Old Girls

## PRACTICE #3

Station	Drill
1 – 8:00	J-Turn Groundballs • 3-8 players max.
2 – 8:00	Scoop and Shoot • 5-8 players max.
3 – 8:00	Eagle Eye • 6-10 players max.
4 – 8:00	Forcing Box • 4-8 players max.
5 – 8:00	Pinnie Tag • 6-8 players max.
6 – 8:00	Hungry Hippos • 8-12 players max.
7- 8:00	4v3 Bucket Ball • 10-12 players max.
10:00	Player Up/Player Down • 11 players max (2 ends)
10:00	Clearing Progressions • Whole Team
10:00	Riding Progression • Whole Team

### Notes:

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

