

12-13 Year Old Boys

PRACTICE #10

Station	Drill
1 - 8:00	3v2 West Genny • 10 player max.
2 - 8:00	43 Bucket Ball • 10 players max.
3 - 8:00	Apache Drill • 6 - 8 players
4 - 8:00	4v4 Games to 1 • 8 - 12 players
5 - 8:00	Agility Course • 6 players max.
6 - 8:00	Odd Numbers Keep Away • 12 players max.
7 - 8:00	Two Goal Shooting • 5 - 10 player max.
8 - 8:00	Add Fill Drill • 6 - 12 player max.
10:00	EMO/MDD • Skeleton work at both ends • 10-12 players per end.
10:00	EMO/MDD • Live EMO/MDD at each end

Notes:

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

