

14-15 Year Old Girls

PRACTICE #6

Station	Drill
1 - 8:00	Agility Course • 6 - 8 player max.
2 - 8:00	Apache • 9 players max.
3 - 8:00	3v3 Game • 6 - 9 players
4 - 8:00	Odd Numbers Keep Away • 8 - 12 players
5 - 8:00	Princeton 44 • 6 players max.
6 - 8:00	Star Drill • 12 players max.
10:00	Situational Scrimmage • Whole Team
10:00	Riding Progressions • Whole Team
10:00	Clearing Progressions • Whole Team
10:00	4v3 West Genny • Whole Team

Notes:

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

