

12-13 Year Old Girls

PRACTICE #1

Station	Drill
1 – 8:00	2v1 Ground Balls Drill • 6 players
2 – 8:00	3 player Weave • 6 players
3 – 8:00	Four Corners Passing • 3 players, Right Hand
4 – 8:00	Four Corners Passing • 3 players, Left Hand
5 – 8:00	3v3 Game • Free Play
6 – 8:00	Live 1v1's • 4 players
7 – 8:00	Feed the Crease • 8 players max.
10:00	Settled Offense/Settled Defense Progressions • 12-15 players per side of field
10:00	Full Field Scrimmage • 12-15 players per team

Notes:

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

