

12-13 Year Old Boys

PRACTICE #6

Station	Drill
1 - 8:00	4v3 Bucket Ball
	• 7 player max.

2 - 8:00	3v2 West Genny
	• 10 - 14 players max.

3 - 8:00	Forcing Box
	• 6 players max.
	• Alternate right and left hands

4 - 8:00	Star Drill
	• 7 - 10 players max.

5 - 8:00	2 Goal Shooting
	• 8 players max.
	• Alternate right and left hands

6 - 8:00	3v3 Games to 1
	• Free Play

7 - 8:00	Run the Arc +2
	• 5 - 10 player max.

8 - 8:00	Numbers
	• 8 - 16 player max.

20:00	Live Scrimmage
	• (2) 10-minute halves

Notes:

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

