

14-15 Year Old Girls

PRACTICE #2

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	4v3 Drill • 14 players max.
3 - 8:00	3v2 Groundballs • 10 players max.
4 - 8:00	Out, In, and Down • 10 players
5 - 8:00	Run the Arc +2 • 6 players max.
6 - 8:00	Star Drill • 12 players max.
10:00	3v2 West Genny Drill • 5 - 10 player max.
10:00	Game to 1 • Whole Team
10:00	Team Offense/Defense • Skeleton work at both ends • 10-12 players per end.
10:00	7v7 Scrimmage • Live 6v6 at each end

Notes:

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

