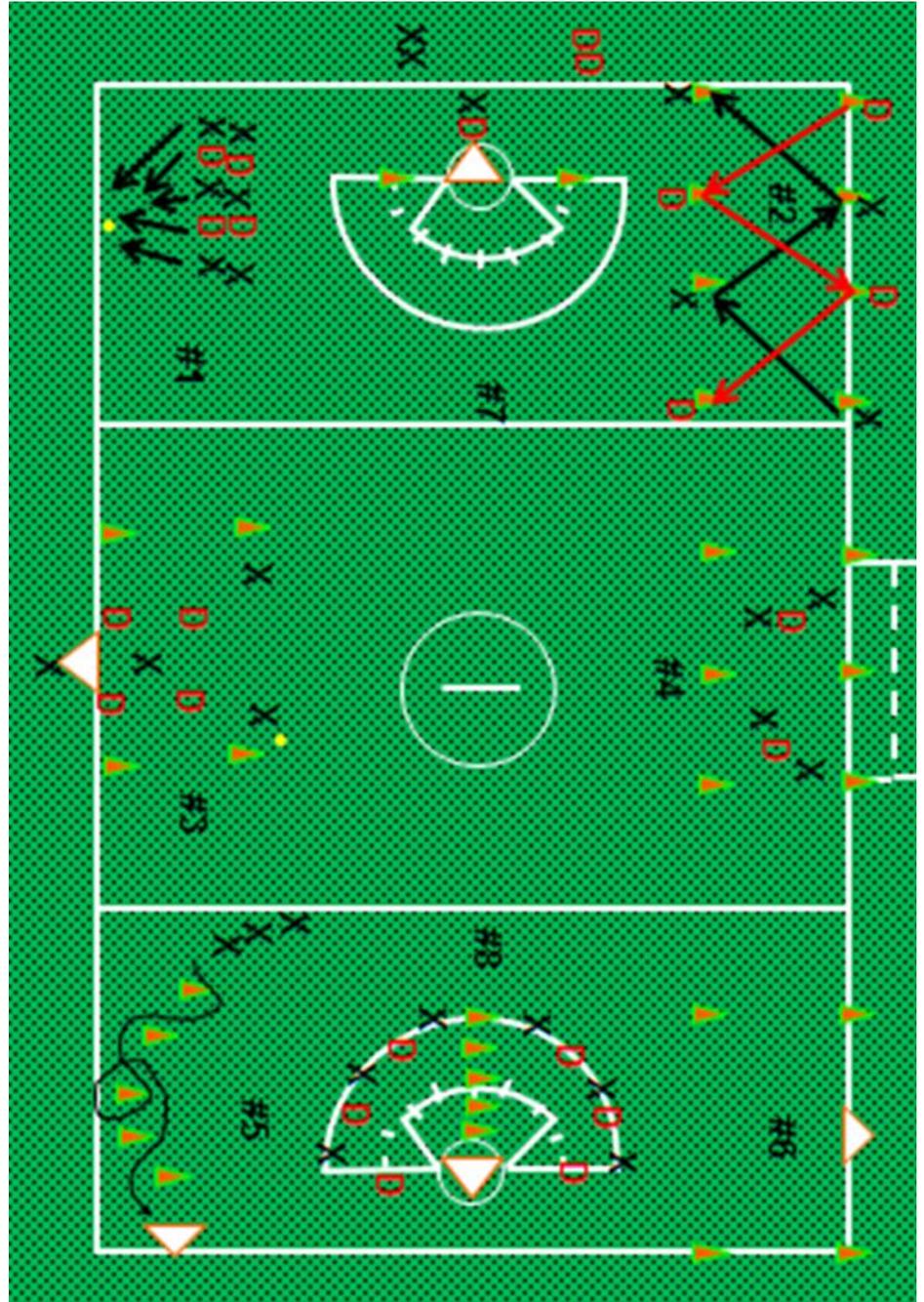


9-11 Year Old Girls

PRACTICE #5 AND #6

Station	Drill
1 - 7:00	3v2 Groundballs <ul style="list-style-type: none"> 10 player max.
2 - 7:00	Eagle Eye Passing <ul style="list-style-type: none"> 6 players min. 8 players max.
3 - 7:00	4x4x3 <ul style="list-style-type: none"> 8 players max. Alternate 4 man offense shapes
4 - 7:00	2v1 Keep Away <ul style="list-style-type: none"> 6 players min. 8 players max.
5 - 7:00	Agility Course <ul style="list-style-type: none"> 8 players max.
6 - 7:00	3v3 Games to 1 <ul style="list-style-type: none"> 9 player max. Free Play
7 - 7:00	Run the Arc +1 <ul style="list-style-type: none"> 5 player min., 10 player max.
8 - 7:00	3v3 Sideways <ul style="list-style-type: none"> 6 players min. 12 player max.



Notes:

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