

12-13 Year Old Boys

PRACTICE #2

Station	Drill
1 – 8:00	Sideline Groundballs <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
2 – 8:00	Cut, Catch, Shoot <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
3 – 8:00	2v2 Game to 2 <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
4 – 8:00	Hogan Butt to Butt <ul style="list-style-type: none"> Max. 8 players, Min. 4 players
5 – 8:00	Inside Feeding <ul style="list-style-type: none"> Max. 10 players, Min. 9 players
6 – 8:00	3v3 Game <ul style="list-style-type: none"> Free Play Max. 9 players, Min. 6 players
10:00	Clearing Progressions <ul style="list-style-type: none"> Whole Team
10:00	Riding Progressions <ul style="list-style-type: none"> Whole Team
20:00	Live Scrimmage <ul style="list-style-type: none"> (2) 10-minute halves

Notes:

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

