

12-13 Year Old Girls

PRACTICE #10

Station	Drill
1 - 8:00	3v2 West Genny <ul style="list-style-type: none"> 10 player max.
2 - 8:00	43 Bucket Ball <ul style="list-style-type: none"> 10 players max.
3 - 8:00	Apache Drill <ul style="list-style-type: none"> 6 - 8 players
4 - 8:00	4v4 Games to 1 <ul style="list-style-type: none"> 8 - 12 players
5 - 8:00	Agility Course <ul style="list-style-type: none"> 6 players max.
6 - 8:00	Odd Numbers Keep Away <ul style="list-style-type: none"> 12 players max.
7 - 8:00	Two Goal Shooting <ul style="list-style-type: none"> 5 - 10 player max.
8 - 8:00	Add Fill Drill <ul style="list-style-type: none"> 6 - 12 player max.
10:00	Player Up/Player Down <ul style="list-style-type: none"> Skeleton work at both ends 10-12 players per end.
10:00	Player Up/Player Down <ul style="list-style-type: none"> Live at each end.

Notes:

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

