

7-9 Year Old Girls

PRACTICE #1 AND #2

Station	Drill
1 - 5:00	Alley Ground Balls Drill • 6 players
2 - 5:00	Zig Zag Dodging • 4 players
3 - 5:00	Four Corners Passing • 3 players, Right Hand
4 - 5:00	Four Corners Passing • 3 players, Left Hand
5 - 5:00	2v2 Game • Free Play
6 - 5:00	2v2 Game • Free Play
7 - 5:00	Forcing Box • 4 players
8 - 5:00	Pinnie Tag • 4 players

Notes:

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

