

# 12-13 Year Old Boys

## PRACTICE #4

Station	Drill
1 - 8:00	Run the Arc +1 • 6 players max
2 - 8:00	3v2 Sideways • 10 players max.
3 - 8:00	4v4 Game to 1 • 8-10 players max.
4 - 8:00	3v2 West Genny • 4 player min. • 8 players max.
5 - 8:00	Odd Number Keep Away • 5 player min., 7 player max.
6 - 8:00	Score on any Goal • 6 player min., 8 player max.
7 - 8:00	Numbers Drill • ½ team at each end
10:00	Settled Offense/Settled Defense Progressions • 12-15 players per side
20:00	Live Scrimmage • (2) 10-minute halves

### Notes:

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

