

# 12-13 Year Old Boys

## PRACTICE #2

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

### Notes:

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

