

14-15 Year Old Girls

PRACTICE #7

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	5v4 Drill • 12 players max.
3 - 8:00	2v1 Groundballs • 6 - 8 players
4 - 8:00	Out, In, and Down • 8 - 12 players
5 - 8:00	4x4x3 • 12 players max.
6 - 8:00	Two Goal Shooting • 8 players max.
10:00	Bullet 43-54 • 5 - 10 player max.
10:00	Situational Scrimmage • Whole Team
10:00	Player Up/Down • Skeleton work at both ends • 10-12 players per end.
10:00	Player Up/Down • Live at each end

Notes:

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

