

# 9-11 Year Old Girls

## PRACTICE #1 AND #2

Station	Drill
1 - 7:00	2v1 Groundballs
<ul style="list-style-type: none"> <li>6 player max.</li> </ul>	

2 - 7:00	1v1 to a Shot
<ul style="list-style-type: none"> <li>4 players min.,</li> <li>6 players max.</li> </ul>	

3 - 7:00	Four Corners Passing
<ul style="list-style-type: none"> <li>3 players,</li> <li>Right Hand 3:30, Left 3:30</li> </ul>	

4 - 7:00	Draw Station
<ul style="list-style-type: none"> <li>1v1 Draw</li> <li>4 players max.</li> </ul>	

5 - 7:00	3v3 Game
<ul style="list-style-type: none"> <li>Free Play</li> </ul>	

6 - 7:00	2v2 Game
<ul style="list-style-type: none"> <li>Free Play</li> </ul>	

7 - 7:00	3v2 One Side
<ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>	

8 - 7:00	Apache Drill
<ul style="list-style-type: none"> <li>8 players min.</li> <li>16 player max.</li> </ul>	

### Notes:

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

