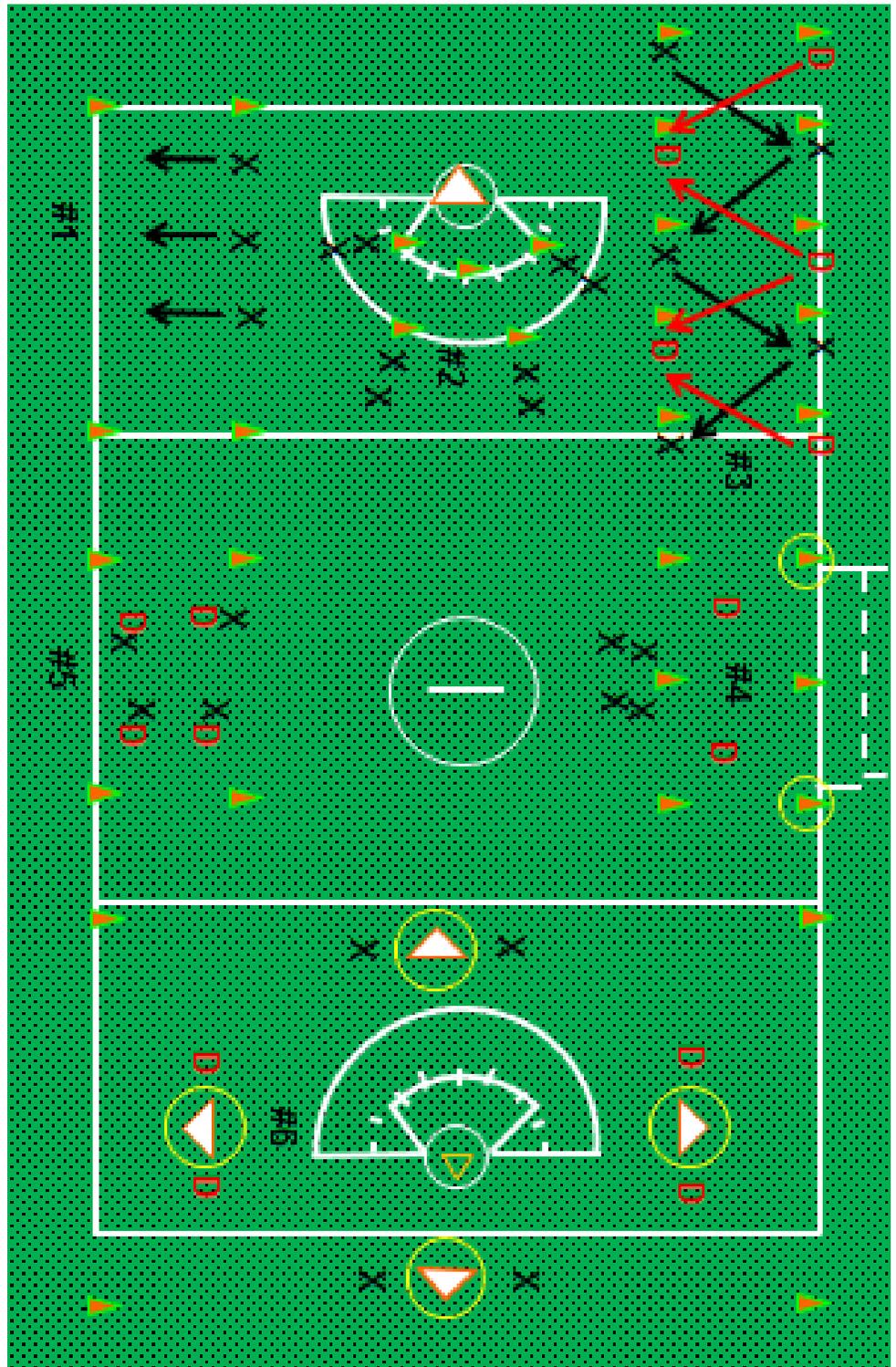


# 7-9 Year Old Girls

## PRACTICE #5 AND #6

| Station   | Drill                 |
|---|-----------------------|
| 1 – 7:00  | J-Turn<br>Groundballs |
| <ul style="list-style-type: none"> <li>Max. 8 players, Min. 3 players</li> </ul>                    |                       |
| 2 – 7:00  | Scoop and Shoot       |
| <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>                    |                       |
| 3 – 7:00  | Eagle Eye             |
| <ul style="list-style-type: none"> <li>Max. 10 players, Min. 46players</li> </ul>                   |                       |
| 4 – 7:00  | Forcing Box           |
| <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>                    |                       |
| 5 – 7:00  | Pinnie Tag            |
| <ul style="list-style-type: none"> <li>Max. 8 players, Min. 6 players</li> </ul>                    |                       |
| 6 – 7:00  | Hungry Hippos         |
| <ul style="list-style-type: none"> <li>Free Play</li> <li>Max. 12 players, Min.8 players</li> </ul> |                       |



### Notes:

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