

14-15 Year Old Girls

PRACTICE #10

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	5v4 Drill • 10 players max.
3 - 8:00	Star Drill • 10 players max.
4 - 8:00	Odd Numbers Keep Away • 8 - 12 players
5 - 8:00	Sniper Drill • 12 players max.
6 - 8:00	2v1 Groundballs • 12 players max.
10:00	Offense Progressions • Whole Team
10:00	Defense Progressions • Whole Team
10:00	Situational Scrimmage • Whole Team
10:00	5v5 Keep Away • Whole Team

Notes:

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

