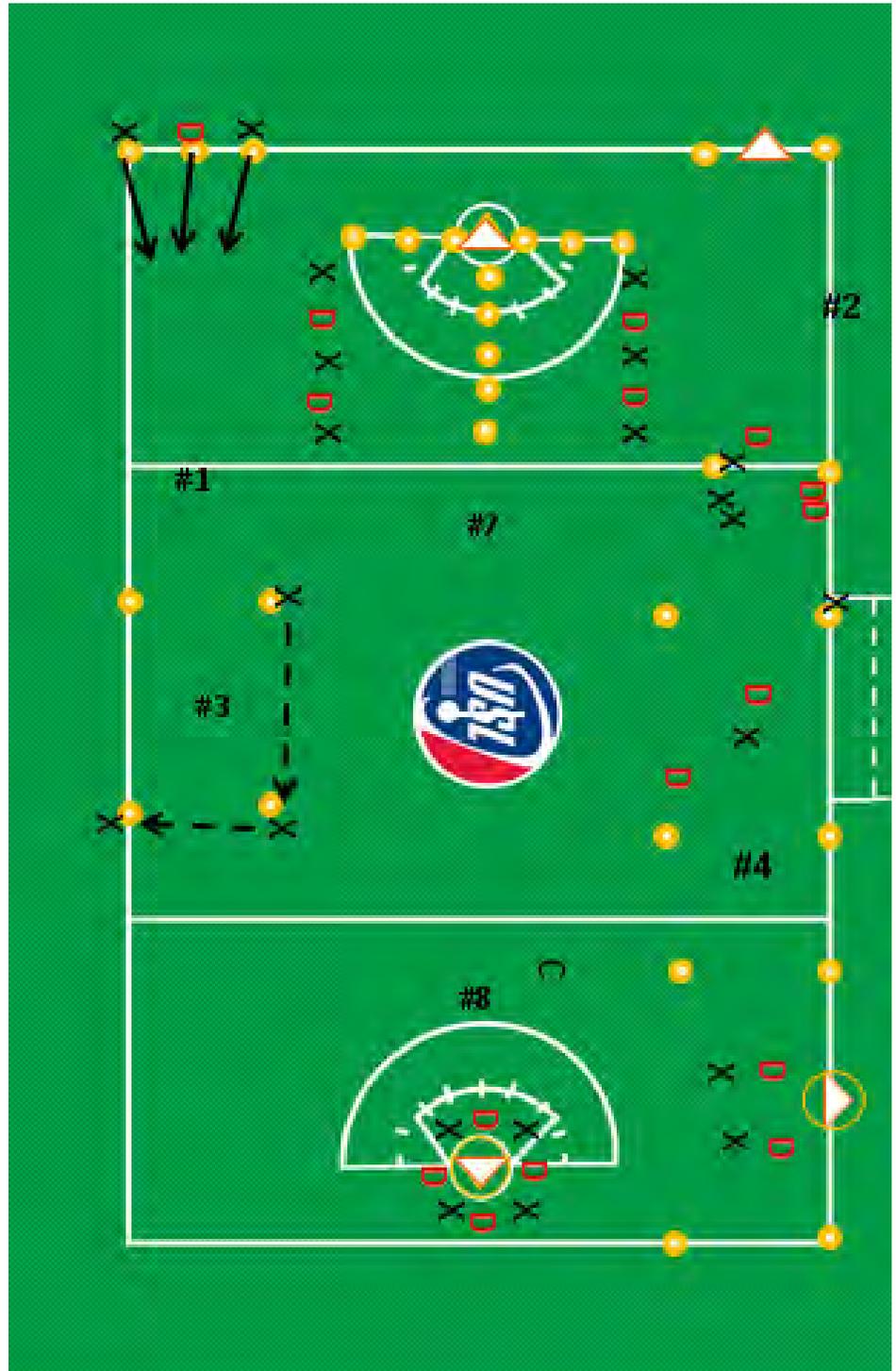


12-13 Year Old Girls

PRACTICE #5

Station	Drill
1 - 8:00	2v1 Groundballs <ul style="list-style-type: none"> 6 player max.
2 - 8:00	1v1 to a Shot <ul style="list-style-type: none"> 4 players min., 6 players max.
3 - 8:00	Four Corners Passing <ul style="list-style-type: none"> 3 players, Right Hand 3:30, Left 3:30
4 - 8:00	Queen of the Draw <ul style="list-style-type: none"> 1v1 Draws 4 players max.
5 - 8:00	3v3 Game <ul style="list-style-type: none"> Free Play
6 - 8:00	2v2 Game <ul style="list-style-type: none"> Free Play
7 - 8:00	3v2 Sideways <ul style="list-style-type: none"> 5 player min., 10 player max.
8 - 8:00	Apache Drill <ul style="list-style-type: none"> 8 players min. 16 player max.
10:00	Live Riding/Clearing <ul style="list-style-type: none"> Whole Team
10:00	Player Up/Player Down <ul style="list-style-type: none"> 11 players max (2 ends)



Notes:

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