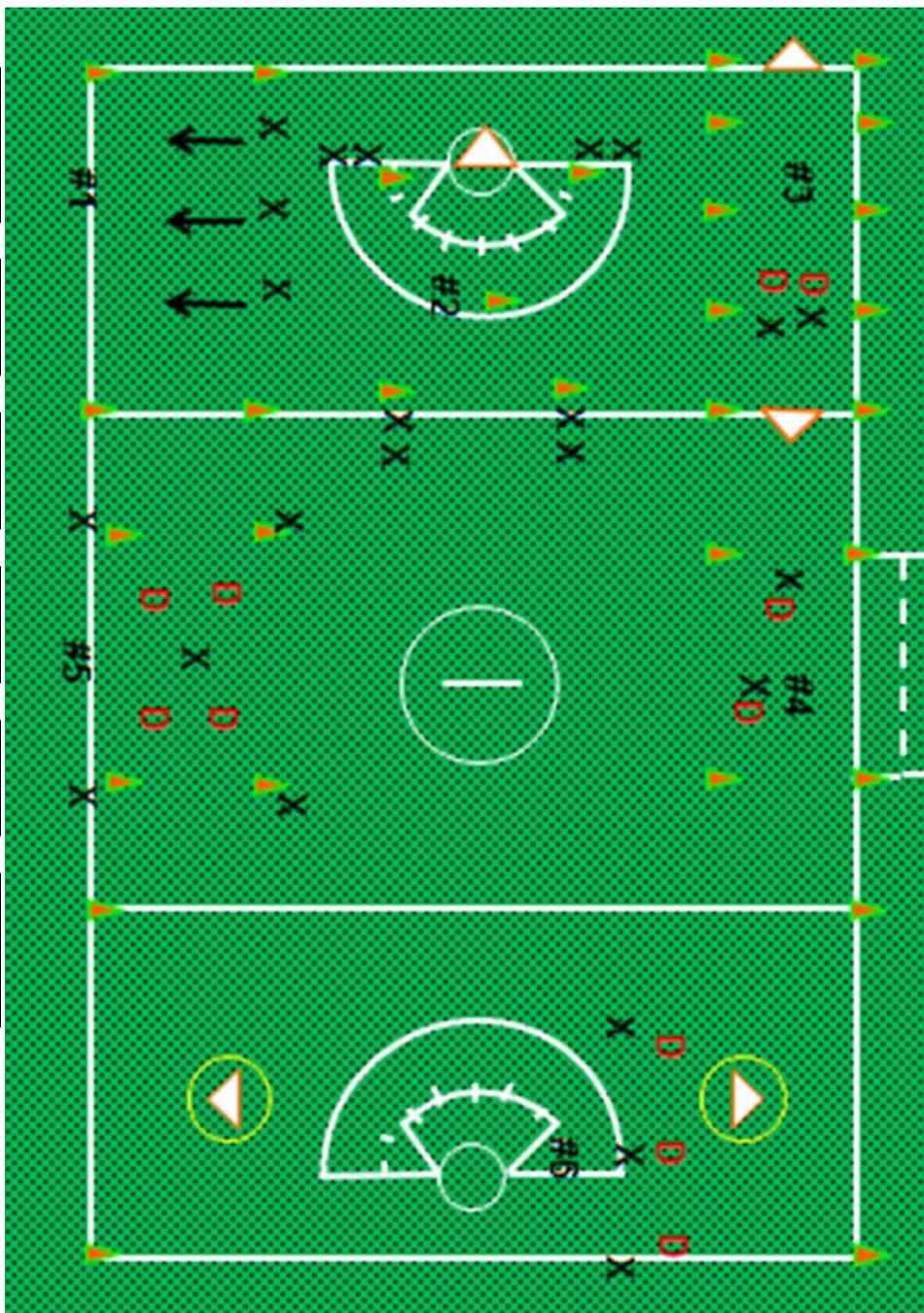


# 7-9 Year Old Girls

## PRACTICE #3 AND #4

Station	Drill
1 – 7:00	Sideline Groundballs <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>
2 – 7:00	Cut, Catch, Shoot <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>
3 – 7:00	2v2 Game to 2 <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>
4 – 7:00	Hogan Butt to Butt <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>
5 – 7:00	Inside Feeding <ul style="list-style-type: none"> <li>Max. 10 players, Min. 9 players</li> </ul>
6 – 7:00	3v3 Game <ul style="list-style-type: none"> <li>Free Play</li> <li>Max. 9 players, Min. 6 players</li> </ul>



### Notes:

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