

# 14-15 Year Old Girls

## PRACTICE #3

Station	Drill
1 - 8:00	Agility Course • 10 player max.
2 - 8:00	5v4 Drill • 10 players max.
3 - 8:00	Snake Passing • 6 - 8 players
4 - 8:00	Odd Numbers Keep Away • 9 - 12 players
5 - 8:00	Apache Drill • 6 players max.
6 - 8:00	3v3 Games • 12 players max.
10:00	Clearing Progressions • Whole Team
10:00	Riding Progressions • Whole Team
10:00	Live Ride v. Clear • Whole Team
10:00	Bullet 43-54 • Whole Team

### Notes:

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

