

# 14-15 Year Old Girls

## PRACTICE #5

Station	Drill
1 - 8:00	Footwork Drills • 6 player max.
2 - 8:00	Score on Any Goal • 10 players max.
3 - 8:00	Out, In, and Down • 10 players max.
4 - 8:00	3v2 Groundballs • 8 - 12 players
5 - 8:00	Sideways 3v3 • 12 players max.
6 - 8:00	Eagle Eye Passing • 12 players max.
10:00	Skeleton Offense • Offense on one end
10:00	Skeleton Defense • Defense on one end.
10:00	Live 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

