

# 12-13 Year Old Girls

## PRACTICE #2

| Station  | Drill                                                                                                        |
|----------|--------------------------------------------------------------------------------------------------------------|
| 1 – 8:00 | Sideline Groundballs <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>        |
| 2 – 8:00 | Cut, Catch, Shoot <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>           |
| 3 – 8:00 | 2v2 Game to 2 <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>               |
| 4 – 8:00 | Hogan Butt to Butt <ul style="list-style-type: none"> <li>Max. 8 players, Min. 4 players</li> </ul>          |
| 5 – 8:00 | Inside Feeding <ul style="list-style-type: none"> <li>Max. 10 players, Min. 9 players</li> </ul>             |
| 6 – 8:00 | 3v3 Game <ul style="list-style-type: none"> <li>Free Play</li> <li>Max. 9 players, Min. 6 players</li> </ul> |
| 10:00    | Clearing Progressions <ul style="list-style-type: none"> <li>Whole Team</li> </ul>                           |
| 10:00    | Riding Progressions <ul style="list-style-type: none"> <li>Whole Team</li> </ul>                             |
| 20:00    | Live Scrimmage <ul style="list-style-type: none"> <li>(2) 10-minute halves</li> </ul>                        |

### Notes:

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

