

14-15 Year Old Boys

PRACTICE #1

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	Apache Drill • 6 - 8 players
3 - 8:00	Two Goal Shooting • 5 - 10 player max.
4 - 8:00	3v3 Games • 12 players max.
5 - 8:00	4x4x3 • 12 players max.
6 - 8:00	Forcing Box • 6 players max.
10:00	Riding Progressions • Whole Team
10:00	Clearing Progressions • Whole Team
10:00	Live Ride v. Clear • Whole Team
12:00	Situational Scrimmage • Whole Team • (2) 6 minute halves

Notes:

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

