

14-15 Year Old Boys

PRACTICE #9

Station	Drill
1 - 8:00	Agility Course • 10 player max.
2 - 8:00	4x4x3 • 12 players max.
3 - 8:00	Run the Arc +1 • 6 - 8 players
4 - 8:00	Velcro Shooting • 6 - 8 players
5 - 8:00	Score on any Goal • 12 players max.
6 - 8:00	2v1 Groundballs • 12 players max.
10:00	4v3 West Genny • Whole Team
10:00	Riding Progressions • Whole Team
10:00	Clearing Progressions • Whole Team
10:00	Situational Scrimmage • Whole Team • (2) 5-minute halves

Notes:

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

