

12-13 Year Old Boys

PRACTICE #9

Station	Drill
1 - 8:00	Eagle Eye Passing • 12 player max.
2 - 8:00	Survivor • 6-8 players
3 - 8:00	Hopkins Up and Over • 6-8 players
4 - 8:00	4x4x3 • 10 players max
5 - 8:00	3v2 Groundballs • 6 players max.
6 - 8:00	Tic Tac Toe Relays • 9 player max.
7 - 8:00	Forcing Box • 5-10 players
8 - 8:00	Star Drill • 6-12 players
10:00	Clearing Progression • Whole Team
10:00	Riding Progression • Whole Team

Notes:

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

