

9-11 Year Old Boys

PRACTICE #1 AND #2

Station	Drill
1 - 7:00	2v1 Groundballs
	<ul style="list-style-type: none"> 6 player max.

2 - 7:00	1v1 to a Shot
	<ul style="list-style-type: none"> 4 players min., 6 players max.

3 - 7:00	Four Corners Passing
	<ul style="list-style-type: none"> 3 players, Right Hand 3:30, Left 3:30

4 - 7:00	King of the X
	<ul style="list-style-type: none"> 1v1 Faceoffs 4 players max.

5 - 7:00	3v3 Game
	<ul style="list-style-type: none"> Free Play

6 - 7:00	2v2 Game
	<ul style="list-style-type: none"> Free Play

7 - 7:00	3v2 Sideways
	<ul style="list-style-type: none"> 5 player min., 10 player max.

8 - 7:00	Apache Drill
	<ul style="list-style-type: none"> 8 players min. 16 player max.

Notes:

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

