

14-15 Year Old Girls

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

