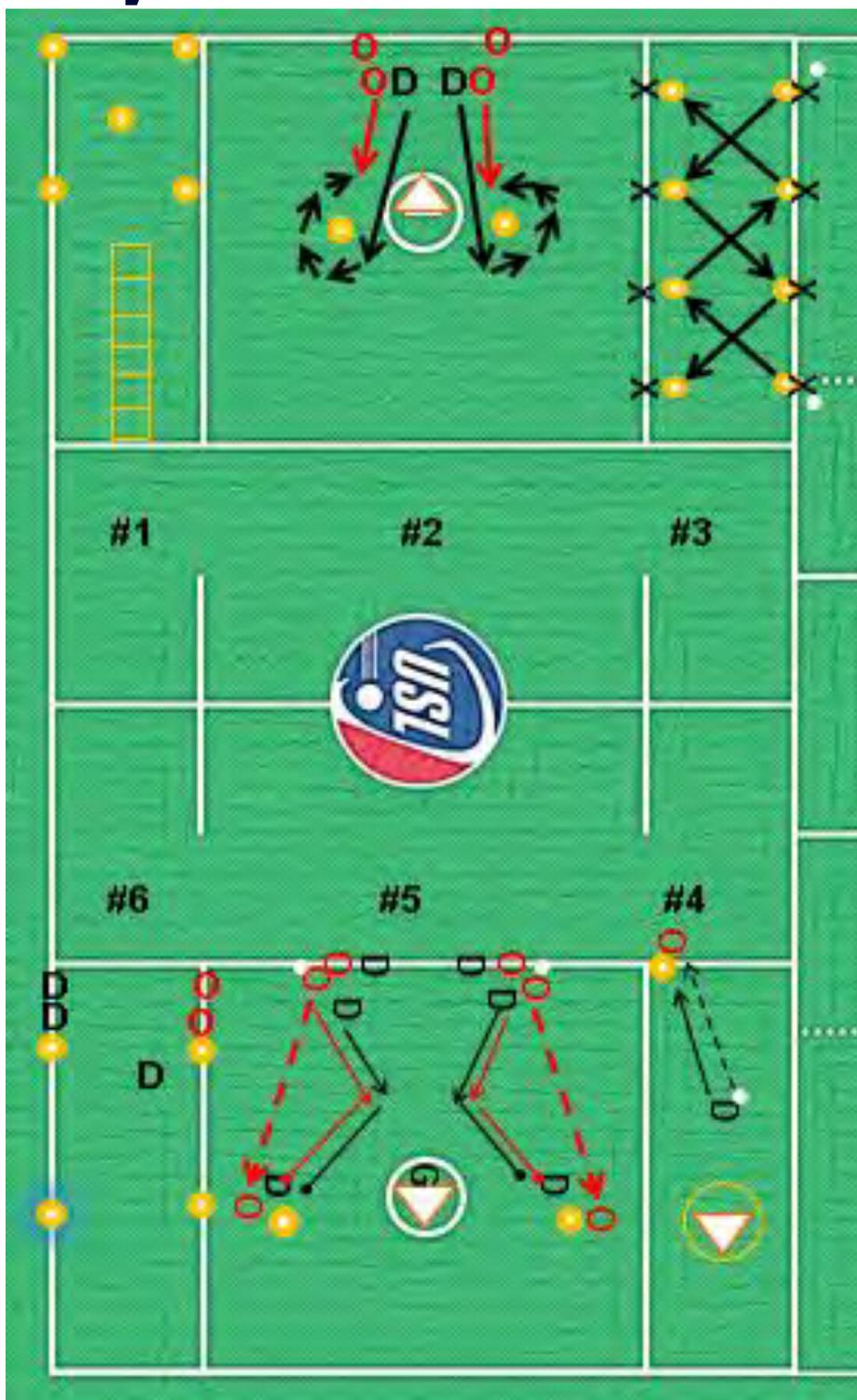


14-15 Year Old Boys

PRACTICE #8

Station	Drill
1 - 8:00	Footwork Drills <ul style="list-style-type: none"> • 10 player max.
2 - 8:00	Navy 1v1's <ul style="list-style-type: none"> • 6 players max.
3 - 8:00	Eagle Eye <ul style="list-style-type: none"> • 6 - 8 players
4 - 8:00	Hawk Hi / Hawk Low <ul style="list-style-type: none"> • 8 - 12 players
5 - 8:00	Pass Down, Pick Down <ul style="list-style-type: none"> • 6 - 12 players max.
6 - 8:00	Forcing Box <ul style="list-style-type: none"> • 6 players max.
10:00	Towson Fast Breaks <ul style="list-style-type: none"> • Whole Team
10:00	Skeleton Offense <ul style="list-style-type: none"> • Skeleton work at both ends • 10-12 players per end.
10:00	Skeleton Defense <ul style="list-style-type: none"> • Skeleton work at both ends • 10-12 players per end.
10:00	Situational Scrimmage <ul style="list-style-type: none"> • Whole Team



Notes:

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