

14-15 Year Old Boys

PRACTICE #6

| Station | Drill |
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| 1 - 8:00 | Agility Course • 6 - 8 player max. |
| 2 - 8:00 | Apache • 9 players max. |
| 3 - 8:00 | 3v3 Game • 6 - 9 players |
| 4 - 8:00 | Odd Numbers Keep Away • 8 - 12 players |
| 5 - 8:00 | Princeton 44 • 6 players max. |
| 6 - 8:00 | Star Drill • 12 players max. |
| 10:00 | Situational Scrimmage • Whole Team |
| 10:00 | Riding Progressions • Whole Team |
| 10:00 | Clearing Progressions • Whole Team |
| 10:00 | 4v3 West Genny • Whole Team |

Notes:

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

