

# 9-11 Year Old Boys

## PRACTICE #3 AND #4

Station	Drill
1 - 7:00	4v3 Bucket Ball
	<ul style="list-style-type: none"> <li>7 player max.</li> </ul>

2 - 7:00	3v2 West Genny
	<ul style="list-style-type: none"> <li>10 players min.</li> <li>14 players max.</li> </ul>

3 - 7:00	Forcing Box
	<ul style="list-style-type: none"> <li>6 players max.</li> <li>Alternate right and left hands</li> </ul>

4 - 7:00	Star Drill
	<ul style="list-style-type: none"> <li>5 players min.</li> <li>10 players max.</li> </ul>

5 - 7:00	2 Goal Shooting
	<ul style="list-style-type: none"> <li>8 players max.</li> <li>Alternate right and left hands</li> </ul>

6 - 7:00	3v3 Games to 1
	<ul style="list-style-type: none"> <li>Free Play</li> </ul>

7 - 7:00	Run the Arc 1v1
	<ul style="list-style-type: none"> <li>5 player min.,</li> <li>10 player max.</li> </ul>

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

### Notes:

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

