

9-11 Year Old Girls

PRACTICE #3 AND #4

Station	Drill
1 - 7:00	4v3 Bucket Ball 7 player max.
2 - 7:00	3v2 West Genny 10 players min. 14 players max.
3 - 7:00	Forcing Box 6 players max. - Alternate right and left hands
4 - 7:00	Star Drill 5 players min. 10 players max.
5 - 7:00	Dodge and Shoot 8 players max. - Alternate right and left hands
6 - 7:00	3v3 Games to 1 Free Play
7 - 7:00	Run the Arc 1v1 5 player min., 10 player max.
8 - 7:00	Numbers Drill 8 players min. 16 player max.

Notes:

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

