

14-15 Year Old Boys

PRACTICE #7

Station	Drill
1 - 8:00	Footwork Drills
	• 10 player max.

2 - 8:00	5v4 Drill
	• 12 players max.

3 - 8:00	2v1 Groundballs
	• 6 - 8 players

4 - 8:00	Out, In, and Down
	• 8 - 12 players

5 - 8:00	4x4x3
	• 12 players max.

6 - 8:00	Two Goal Shooting
	• 8 players max.

10:00	Bullet 43-54
	• 5 - 10 player max.

10:00	Situational Scrimmage
	• Whole Team

10:00	EMO/MDD
	• Skeleton work at both ends
	• 10-12 players per end.

10:00	EMO/MDD
	• Live EMO/MDD at each end

Notes:

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

