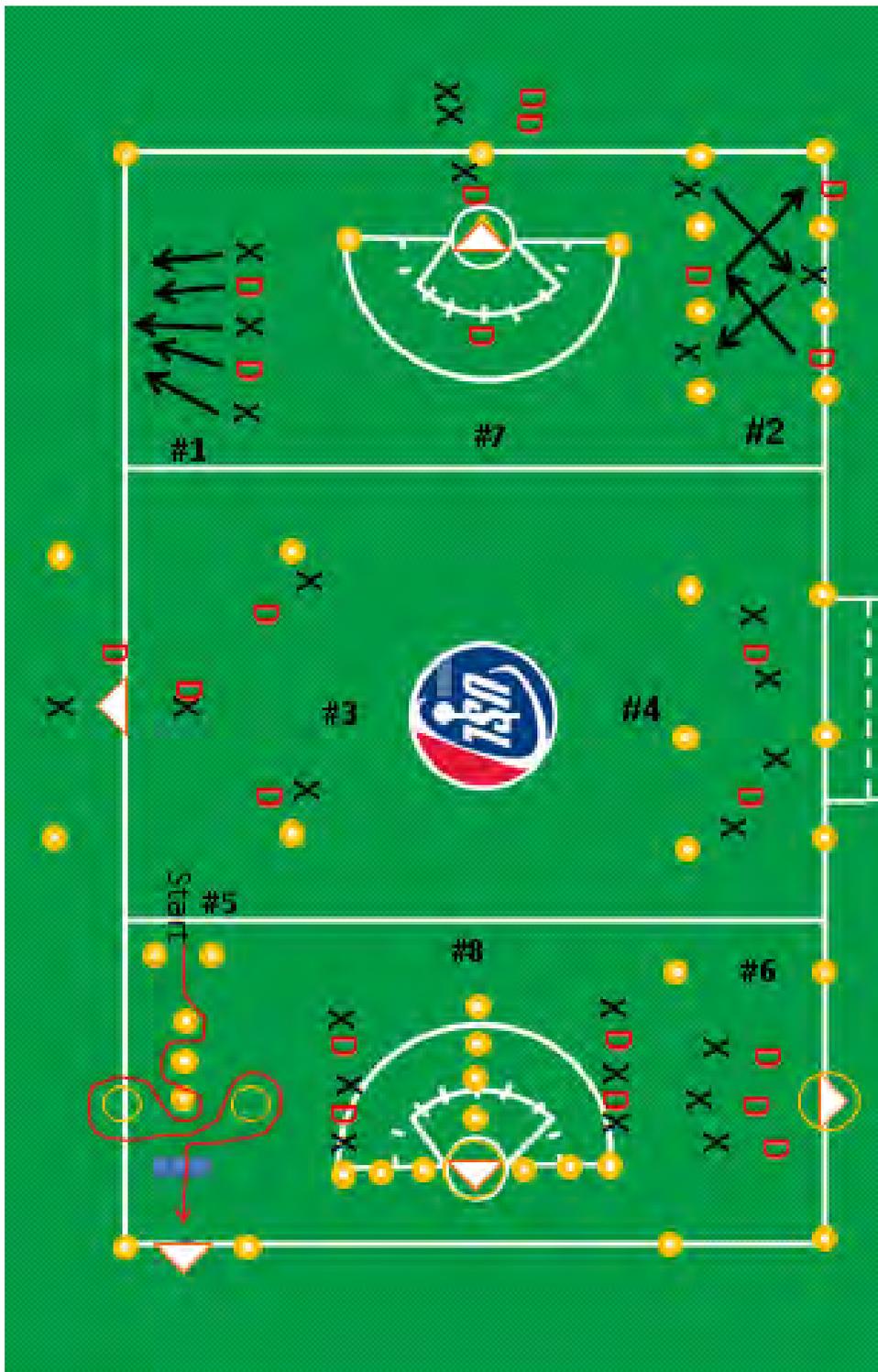


# 12-13 Year Old Girls

## PRACTICE #7

Station	Drill
1 - 8:00	3v2 Groundballs <ul style="list-style-type: none"> <li>12 player max.</li> </ul>
2 - 8:00	Eagle Eye Passing <ul style="list-style-type: none"> <li>6-8 players max.</li> </ul>
3 - 8:00	4x4x3 <ul style="list-style-type: none"> <li>8 players max.</li> <li>Alternate 4 <b>player</b> offense shapes</li> </ul>
4 - 8:00	2v1 Keep Away <ul style="list-style-type: none"> <li>6 - 8 players max.</li> </ul>
5 - 8:00	Agility Course <ul style="list-style-type: none"> <li>8 players max.</li> </ul>
6 - 8:00	3v3 Games to 1 <ul style="list-style-type: none"> <li>9 player max.</li> <li>Free Play</li> </ul>
7 - 8:00	Run the Arc +1 <ul style="list-style-type: none"> <li>5 - 10 player max.</li> </ul>
8 - 8:00	3v3 Sideways <ul style="list-style-type: none"> <li>6 - 12 player max.</li> </ul>
10:00	Settled Offense Prog. <ul style="list-style-type: none"> <li>12-15 players max (run at 2 ends)</li> </ul>
10:00	Settled Defense Prog. <ul style="list-style-type: none"> <li>12-15 players max. (run at 2 ends)</li> </ul>



### Notes:

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