

14-15 Year Old Girls

PRACTICE #4

Station	Drill
1 - 8:00	Footwork Drills • 10 player max.
2 - 8:00	Max Touches • 8 players max.
3 - 8:00	Pass Down, Pick Down • 12 players
4 - 8:00	Tic Tac Toe Relays • 6-8 players
5 - 8:00	4x4x3 • 12 players max.
6 - 8:00	1v1 Groundballs • 6 players max.
10:00	Air Force (Prog.1&2) • Whole Team
10:00	Situational Scrimmage • Whole Team
10:00	Player Up/Down • Skeleton work at both ends • 10-12 players per end.
10:00	Player Up/Down • Live at each end

Notes:

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

