

12-13 Year Old Girls

PRACTICE #6

Station	Drill
1 - 8:00	4v3 Bucket Ball <ul style="list-style-type: none"> 7 player max.
2 - 8:00	3v2 West Genny <ul style="list-style-type: none"> 10 - 14 players max.
3 - 8:00	Forcing Box <ul style="list-style-type: none"> 6 players max. Alternate right and left hands
4 - 8:00	Star Drill <ul style="list-style-type: none"> 7 - 10 players max.
5 - 8:00	2 Goal Shooting <ul style="list-style-type: none"> 8 players max. Alternate right and left hands
6 - 8:00	3v3 Games to 1 <ul style="list-style-type: none"> Free Play
7 - 8:00	Run the Arc +2 <ul style="list-style-type: none"> 5 - 10 player max.
8 - 8:00	Numbers <ul style="list-style-type: none"> 8 - 16 player max.
20:00	Live Scrimmage <ul style="list-style-type: none"> (2) 10-minute halves

Notes:

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

