

9-11 Year Old Girls

PRACTICE #7 AND #8

Station	Drill
1 - 7:00	Hogan Butt to Butt
	10 player max.

2 - 7:00	Pinnie Tag
	6 players min. 8 players max.

3 - 7:00	Circle Groundballs
	6 players min. 8 players max.

4 - 7:00	Triangle Passing
	6 players max

5 - 7:00	Ground Ball to Shot
	6 players max.

6 - 7:00	3v3 Games to 1
	9 player max. - Free Play

7 - 7:00	Run the Arc +2
	5 player min., 10 player max.

8 - 7:00	Canadian 2v2's
	6 players min. 12 player max.

Notes:

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

