

14-15 Year Old Girls

PRACTICE #8

Station	Drill
1 - 8:00	Footwork Drills 10 player max.
2 - 8:00	Navy 1v1's 6 players max.
3 - 8:00	Eagle Eye 6 - 8 players
4 - 8:00	Hawk Hi / Hawk Low 8 - 12 players
5 - 8:00	Pass Down, Pick Down 6 - 12 players max.
6 - 8:00	Forcing Box 6 players max.
10:00	Towson Fast Breaks Whole Team
10:00	Skeleton Offense - Skeleton work at both ends 10-12 players per end.
10:00	Skeleton Defense - Skeleton work at both ends 10-12 players per end.
10:00	Situational Scrimmage Whole Team

Notes:

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

