

12-13 Year Old Boys

PRACTICE #8

Station	Drill
1 - 8:00	Hogan Butt to Butt 10 player max.
2 - 8:00	Pinnie Tag 6 players min. 8 players max.
3 - 8:00	Circle Groundballs 6 players min. 8 players max.
4 - 8:00	Triangle Passing 6 players max
5 - 8:00	Face Off Shots 6 players max.
6 - 8:00	3v3 Games to 1 9 player max. - Free Play
7 - 8:00	Run the Arc +2 5 player min., 10 player max.
8 - 8:00	Canadian 2v2's 6 players min. 12 player max.
20:00	Live Scrimmage (2) 10-minute halves

Notes:

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

