

Practice Sheet

7 – 7:10 – Warm Up with Passing

- Long Sticks Full Field Passing
- Short Sticks Line Drills

7:10 – 7:40 - Three Stations for 10 minutes each

- 2v1 Opposite Side Ground Balls (did this before)
- Move the Goalie
- Stubby Defense

7:40 – 8 – Apache Drill

- Separate by Red and White 14U teams
- Each group has a goal
- Run the [Apache Drill](#) with 5 people per group
 - Defense goes to Offense
 - Offense goes out
 - New Group goes to Defense