**Semi Private/Small Group Instruction**

These sessions are for boys in U13 and U15 programs.

Small group /semi-private instruction for players who want additional instruction in a small group setting. Your son will receive (8) 90 minute sessions with Coach John Laden and Coach Devin Laden with no more than 12 other participants.  These sessions are scheduled around the Fall practices and will not interfere.

 **Session Details**

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| **Offensive Small Group** |  | **Defensive Small Group** |
| **Week 1** |  | **Week 1** |
| Intro |  | Intro |
| Catch and shoot |  | Stance – Defensive posture |
| Step Downs |  | Holds/Agilities |
|  |  |  |
| **Week 2** |  | **Week 2** |
| Review |  | Approach/Backward Run Shuffle/Drop/Step & ¾ Run |
| Dodging to shoot |  | Agilities/4 Cone Approach |
| Face dodge roll dodge split double dodge  |  | 1v1 2v2 |
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| **Week 3** |  | **Week 3** |
| Review |  | Stick Skills/Banana Cuts/Crease Cuts |
| Crease play |  | Midfield Curl Cuts/Over the Shoulder |
| Finishing inside |  | Big Turns |
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| **Week 4** |  | **Week 4** |
| Review |  | Ground Balls/Ground Ball Defense |
| 2 man game |  | Wide Grip GB’s/Wide Grip GB’s to Outlet |
| Pick/roll pick/slip |  | Pizza in the Oven Carry |
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| **Week 5** |  | **Week 5** |
| Review |  | 1v1 Defense – Hands and Feet/Foot trace Series from behind and upfront |
| EMO |  | 2v2 Defense – Defending 2 man game and  |
| Scoring from every spot on man up |  | supporting crease |
|  |  |  |
| **Week 6** |  | **Week 6** |
| Review |  | Sliding – Crease/Adjacent |
| Transition |  | Butt Ball and Punt Return Drill |
| Salisbury drills 6-12 |  | Spoke Drill |
|  |  |  |
| **Week 7**  |  | **Week 7**  |
| Review |  | Slide and Recovery |
| Ground Ball offense |  | Transition Defense |
| Shooting off unsettled ground ball situations |  |  |
|  |  |  |
| **Week 8**  |  | **Week 8**  |
| Review |  | Extra Man Defense |
| Deception |  |  |
| Using our opponents as scouts |  |  |