



## USL Level I Clinic

### Mod 1: Thursday, Aug 13, 2015 7:00p to 9:00p

#### BOTH BOYS AND GIRLS COACHES

- POSITIVE COACHING ALLIANCE (PCA) "Coaching for Winning and Life Lessons"
- COMMUNICATION TECHNIQUES
- HANDLING PROBLEMS
- TEACHING TECHNIQUES
- PRACTICE / SEASON PLANNING
- RULES INTRO
- BASIC GAME PROCEDURES

### Mod 2: Friday, Aug 14, 2015 7:00p to 9:00p

#### BOYS GAME COACHES

- STICK PROTECTION
- GROUND BALL PLAY
- STICK PROTECTION / DODGING
- THROWING AND CATCHING TECHNIQUES
- CHECKING
- SHOOTING
- PICKING
- FEEDING / CUTTING

#### GIRLS GAME COACHES

- GROUND BALL PLAY
- CRADLING
- THROWING AND CATCHING TECHNIQUES
- DODGING
- SHOOTING
- SPECIALTY POSITION PLAY (GOALIE training)

### Mod 3: Saturday, Aug 15, 2015 12:00p to 2:00p

#### BOYS GAME COACHES

- SPECIALTY POSITION PLAY: (FACE-OFF training)
- SPECIALTY POSITION PLAY: (GOALIE training)
- TRANSITION - RIDES & CLEARS,
- TEAM OFFENSE / TEAM DEFENSE,
- UNSETTLED PLAY (FAST BREAK

#### GIRLS GAME COACHES

- DEFENSIVE POSITIONING - MIDFIELD
- DEFENSIVE POSITIONING - ARC PLAY
- BLOCKING
- CHECKING
- DOUBLE TEAMS
- CREASE DEFENSE PLAY
- 8-METER PLAY
- SPECIALTY TRAINING - DRAW PLAY

Register soon! Limited space is available (10 boys game / 10 girls game)

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(Park under Dumke Field, Room 351 is in the Nursing school on the top floor of HWAC.)