

# FACEOFF MIDFIELDER TRAININGS

Sundays at Sports Domain Academy

12-1pm

Packages & Drop In's Welcome

**SMALL GROUP  
SESSIONS**



**YOUTH & MIDDLE  
SCHOOL BOYS**

**Midfield: Handle the ball post draw!**

- **Our players train their midfield skills through our comprehensive offensive trainings.**

**Faceoffs: Perfect your stance!**

- **Everything starts with your feet and body positioning.**
  - **Fire out and cover the ball.**
- **Learn 4 basic moves, counters and various exits out of each.**

Register at [AdvancedLacrosseUSA.com](http://AdvancedLacrosseUSA.com)