



Program Breakdown

Overview

Conditioning, drills, and games on the same day. Meeting times is on Wednesday depending on age/division.

Breakdown

1st 5-10 minutes - Conditioning / Warm-up / Stretch.

2nd 15 Minutes is for drills. [Passing, Dribbling, Shooting, Defense, Etc.]

3rd 45 minutes is utilized for game-time. [20 minute halves] [Water breaks included]

4th 5 minutes is conditioning / final word wrap-up.

Schedule is possibly subjected to change depending on registration numbers.

Option(s)

If players want to get more of a workout, they have the option to workout with other divisions. For example, if a player still has energy in our beginner division after their workout, they have the option to stay & workout with next level.