

# **YOUTH/MIDDLE**



# **Defensive Positioning Training**

***ALUSA Coaches Are Experts At Teaching  
Proper Fundamentals & New Age Game Play***

**4 SESSIONS**

***September 6, 13, 20, 27***

***Location: 522 Cortland Street, Unit #5, Belleville NJ***

## **ALUSA Defensive Positioning Training:**

- Players are evaluated, receive feedback & key points for improvement
- Custom Up Tempo Drills & constant instruction between reps
- Positive reinforcement & encouragement

## **ALUSA Defensive Structure:**

- Communication & Ground balls | Footwork & Approach On Ball
- 4 Different Checks (Poke, Slap, Wrap, Lift, & when to throw em!)
- White board & field application
- Full team slide package

***Register Today!*** **AdvancedLacrosseUSA.com**

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