

boys: 2033 & 2034

small group sessions

next gen trainings: perfecting the fundamentals

Offense: Catching, Throwing, Changing Hands, Shooting & Introducing Team Offense Concepts

Defense: Basic Body Positioning, Stick Checks, Footwork Patterns, & Introducing Team Defensive Concepts

SKILLS & LIVE PLAY

SUMMER WEDNESDAYS

6-7PM AT ALPS PARK, WAYNE NJ

Contact: Coach Liam - LiamPeabody.ALUSA@gmail.com