



Small Group Trainings



Fall *Defensive* *Trainings*

Location: Turf City, Wayne, NJ

Time: 7:00-8:00 PM

Defensive Positioning - Master the art of:

- Breaking down with a purpose, "Big, Big, Little, Little", and establish a strong defensive stance.
- Footwork: Sharpen your agility with shuffles, cross-over sprints, back pedals, and kickbacks to stay quick on your feet.
- Approaches: Learn to control the angles on the field, driving your opponent down the alley with precision.
- Slides and Recovery: Perfect your communication

High School | Middle School | Youth Grad Years

Players are separated within the session

Skills Training- Helmets & Gloves

Full Fall Packages, Partial Packages, and Drop-in options available

REGISTER AT ADVANCEDLACROSSEUSA.COM