



**Small Group Trainings**



# *Defensive Training - Metuchen*

**Location: Saint Joseph High School**

**Time: 4:30- 5:30pm**

**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**

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