

PROJECT X SHOWCASE

SESSION I (1:15pm-3:15am)

<u>Positional (60 mins)</u>	<u>Attack (Field 1)</u>	<u>Midfield (Field 2)</u>	<u>Defense (Field 1)</u>	<u>Goalkeepers (Field 3)</u>
20 minutes	Sticks (2 drills)	Sticks (2 drills)	Sticks (2 drills)	Feet / Hands
20 minutes	Shooting (2 drills)	Shooting (2 drills)	Individual D concepts (talk/drill)	Shots
20 minutes	Dodging (2 drills)	Dodging (2 drills)	Team D concepts (talk/drill)	Outlets / Goalie war

* adjust timing to water breaks

<u>Unit: (60 mins)</u>	<u>Attack & Defense</u>	<u>Midfield</u>	<u>Field Assignments</u>
10 minutes	1v1	1v1	Attack & Defense: F1
10 minutes	2v2 (2-man game)	2v2 (2-man game)	Midfield: F2
10 minutes	3v3	3v3	Goalies: Assign
15 minutes	4v4 (be creative)	4v4 (be creative)	
15 minutes	6v6 (combine groups)		

* mix groups / match-ups

* adjust timing to water breaks

BREAK (3:15pm - 3:45pm)

SESSION II (3:30pm-5:00pm)

<u>Positional (45 mins)</u>	<u>Attack (Field 1)</u>	<u>Midfield (Field 2)</u>	<u>Defense (Field 3)</u>	<u>Goalkeepers (Field 4)</u>
15 minutes	Sticks (2 drills)	Sticks (2 drills)	Sticks (2 drills)	Feet / Hands
15 minutes	Shooting (2 drills)	Shooting (2 drills)	Individual D concepts (talk/drill)	Shots
15 minutes	Dodging (2 drills)	Dodging (2 drills)	Team D concepts (talk/drill)	Outlets / Goalie war

* adjust timing to water breaks

<u>Unit: (45 mins)</u>	<u>Drill</u>	<u>Unit & Field</u>	<u>Unit & Field</u>	<u>Unit & Field</u>
15 minutes	3 v 3	Attack & Defense (Field1)	Midfield (Field 2)	
15 minutes	Numbers	Team 1 (Field 1-Goal 1)	Team 2 (Field 1-Goal 2)	Team 3 (Field 2)
15 minutes	5 v 5	Team 1 (Field 1-Goal 1)	Team 2 (Field 1-Goal 2)	Team 3 (Field 2)

* mix groups / match-ups

* adjust timing to water breaks

BREAK 5:00pm - 5:30pm

SESSION III (5:30pm-7:00pm)

<u>Team Concepts (30 mins)</u>	Team1	Team 2	Team 3
15 minutes	Offense / Defense	Offense / Defense	Offense / Defense
15 minutes	Ride / Clear	Ride / Clear	Ride / Clear

Games: (60 mins)

15 minutes	1 v 2 (Team 3 coaches choice)
15 minutes	2 v 3 (Team 1 coaches choice)
15 minutes	1 v 3 (Team 2 coaches choice)

Coach Assignments

<u>Attack</u>	<u>Midfield</u>	<u>Defense</u>	<u>Goalkeepers</u>	<u>Face Offs</u>
Matt Rambo	Chris Mann	Will Roberts	Pat Cornelius	Will Fox
Adrian Torok-Orban	Doug Sage	Kevin Doherty	Matt Smidt	
Justin Van Tassel	Sam Horning	Chris Lewis		
		Chris Polanski		
<u>Unit Assignments</u>	<u>Att & Def</u>	<u>Midfield</u>	<u>Goalkeepers</u>	
	Matt Rambo	Chris Mann	Pat Cornelius	
	Chris Mann	Doug Sage	Matt Smidt	
	Sam Horning	Justin Van Tassel		
	Kevin Doherty	Chris Lewis		
	Chris Lewis			
	Chris Polanski			
<u>Team Assignments</u>	<u>Team 1</u>	<u>Team 2</u>	<u>Team 3</u>	<u>Officials</u>
	Matt Rambo	Adrian Torok-Orban	Justin Van Tassel	* Rotate coaches
	Sam Horning	Doug Sage	Chris Mann	
	Kevin Doherty	Will Roberts	Chris Lewis	
	Matt Smidt	Chris Polanski	Pat Cornelius	
	Will Fox			