

# PROJECT X SHOWCASE

## SESSION I (8:30am-10:10am)

<u>Positional (45 mins)</u>	<u>Attack (Field 1)</u>	<u>Midfield (Field 1)</u>	<u>Defense (Field 2)</u>	<u>Goalkeepers (Field 2)</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>Numbers (15 mins)</u>	<u>Drill</u>	<u>Field</u>
	4 v 3 - Doc Drill	Field 1

<u>Transition (40 mins)</u>	<u>Drill</u>	
20 minutes	5 v 4 continuous	Field 1
20 minutes	5 v 4 / 6 v 5	Field 1

## BREAK (10:10am - 10:30am)

## SESSION II (10:30am-11:30am)

### Games / 10v10: (60 mins)

14 minute games  
Rotate Teams

## LUNCH (11:30am-12:30pm)

## SESSION III (12:30pm-2:30pm)

### Games / 6v6: 90 mins)

14 minute games  
Rotate Teams / Goalies

## AWARDS & CLOSING COMMENTS (2:30pm-3:00pm)

### Coach Assignments

<u>Attack</u>	<u>Midfield</u>	<u>Defense</u>	<u>Goalkeepers</u>	<u>Face Offs</u>
Matt Rambo	Cam 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		

### Team Assignments

<u>Team 1</u>	<u>Team 2</u>	<u>Team 3</u>	<u>Team 4</u>	<u>Team 5</u>
Adrian Torok-Orban	Doug Sage	Kevin Doherty	Chris Lewis	Cam Mann
Matt Smidt	Justin Van Tassel	Sam Horning	Pat Cornelius	Will Fox
Will Roberts	Chris Polanski			