

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

FLAG FOOTBALL CURRICULUM



★ **LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME.** ★

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	FOUNDATIONS OF FOOTBALL	PASSING & RECEIVING	ROUTES & OFFENSE	DEFENSE & FLAG PULLING	SPEED, AGILITY & FOOTWORK	GAME IQ & COMPETE
 SKILL DEVELOPMENT	• Stance & starts • Hand-offs & exchanges • Catching fundamentals • Flag football rules	• Throwing mechanics • Short & long passes • Catching on the move • Tip drills	• Running routes • Cuts & releases • Timing with QB • Spacing & movement	• Defensive positioning • Flag pulling techniques • Pursuit & angles • Reading the play	• Speed & acceleration • Agility & change of direction • Footwork drills • Reaction & quickness	• Reading defenses • Play calling basics • Situational football • Team execution
 GAMEPLAY FOCUS	1v1 drills and fundamentals in motion	Short & deep passing in small group situations	Route running & QB timing in 7v7 play	Defensive stops and flag pulls in live play	Fast paced drills and competitive challenges	Full game scenarios and tournament style play
 PLAYER TAKEAWAY	I understand the basics and play with confidence.	I can throw and catch accurately in different situations.	I can run routes and work with my team to move the ball.	I can read plays, play tough defense, and pull flags.	I move faster, react quicker, and compete with energy.	I make smart decisions and help my team win games.

★ **EVERY SESSION INCLUDES:**  **45 MINUTES OF SKILL DRILLS** +  **30 MINUTES OF GAMEPLAY** +  **FUN, POSITIVE & DEVELOPMENT FOCUSED**



CERTIFIED ATHLETIC COACHES



AGES 6-10
COED



EQUIPMENT
PROVIDED



BUILD SKILLS. GAIN CONFIDENCE.
HAVE FUN!

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

SOCGER

CURRICULUM



★ LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME. ★

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	BALL MASTERY & CONTROL	PASSING & RECEIVING	DRIBBLING & MOVEMENT	SHOOTING & FINISHING	DEFENDING & TEAMWORK	GAME IQ & PLAY
 SKILL DEVELOPMENT	• Dribbling techniques • Ball control & touches • Change of direction • Toe taps & rolls	• Inside & outside foot pass • Accurate passing • First touch • Receiving on the move	• Dribbling with speed • Using both feet • Cone & obstacle dribbling • Head up awareness	• Shooting technique • Striking with power • Accuracy & placement • Finishing on goal	• Defensive stance • Pressure & angle • Tackling fundamentals • Communication	• Positioning • Decision making • Transition play • Game awareness
 GAMEPLAY FOCUS	1v1 moves and keeping possession	Short passes to move the ball	1v1 attacking and beating a defender	Shooting in game situations	Small-sided games focused on defending	Full game scenarios & team play
 PLAYER TAKEAWAY	I can control the ball with confidence in any direction.	I can pass and receive the ball with accuracy.	I can dribble with control and create space.	I can shoot with confidence and score goals.	I can defend with focus and support my teammates.	I understand the game and play as a team.

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 CERTIFIED ATHLETIC COACHES

 AGES 6-10 COED

 EQUIPMENT PROVIDED

★ BUILD SKILLS. GAIN CONFIDENCE. HAVE FUN!

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

LACROSSE

CURRICULUM



★ **LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME.** ★

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	STICK SKILLS & BALL CONTROL	PASSING & CATCHING	DODGING & FOOTWORK	SHOOTING & FINISHING	DEFENSE & GROUND BALLS	GAME IQ & COMPETE
 SKILL DEVELOPMENT	• Proper grip & cradling • Scooping fundamentals • Stick protection • Small area control	• Passing mechanics • Catching fundamentals • Quick stick passing • Moving & catching	• Dodging fundamentals • Change of pace • Split dodges • Footwork & agility	• Shooting mechanics • Accuracy & placement • Shooting on the run • Finishing techniques	• Defensive stance • Checking fundamentals • Ground ball technique • Transition to offense	• Field awareness • Reading the play • Communication • Compete in games
 GAMEPLAY FOCUS	1v1 control and small area games	Passing in pairs and small groups	1v1 dodging and footwork challenges	Shooting drills and scoring situations	Defensive drills and ground ball battles	Small-sided games and game situations
 PLAYER TAKEAWAY	I can cradle the ball with control and protect it.	I can pass and catch accurately with my teammates.	I can dodge with confidence and change direction.	I can shoot with power and accuracy and score goals.	I can defend, win ground balls, and move the ball.	I understand the game and help my team make smart plays.

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 **CERTIFIED ATHLETIC COACHES**

 **AGES 6-10 COED**

 **FULL LACROSSE EQUIPMENT REQUIRED**

★ **BUILD SKILLS. GAIN CONFIDENCE. HAVE FUN!**

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

BASEBALL/SOFTBALL CURRICULUM



★ **LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME.** ★

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	FOUNDATIONS & BASICS	THROWING & FIELDING	HITTING FUNDAMENTALS	GAME-LIKE SITUATIONS	DEFENSE & BASE RUNNING	GAME IQ & COMPETE
 SKILL DEVELOPMENT	• Proper grip & stance • Basic throwing mechanics • Fielding grounders • Important rules • Ready position	• Throwing accuracy • Catching fundamentals • Footwork & approach • Pop flies • Communication	• Hitting stance & grip • Swing mechanics • Contact & balance • Tee work • Hand-eye coordination	• Hitting off coach toss • Situational hitting • Baserunning reads • Cutoffs & relays • Pitch recognition	• Infield & outfield play • Double plays • Stealing & leads • Tagging up • Defensive positioning	• Reading the game • Decision making • Competing with confidence • Team execution
 GAMEPLAY FOCUS	Skills through fun drills and games	Teamwork and fundamentals in game situations	Live at-bats and offensive execution	Small-sided games and base running situations	Defensive challenges and game simulations	Full game play and tournament style games
 PLAYER TAKEAWAY	I can use proper fundamentals and feel confident on the field.	I can throw, catch, and field with accuracy and control.	I can hit the ball with confidence and make solid contact.	I can apply my skills in game situations and make smart reads.	I can defend, run the bases, and support my team.	I understand the game and play my best as a teammate.

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 **AGES 6-10 COED**

 **EQUIPMENT PROVIDED**

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