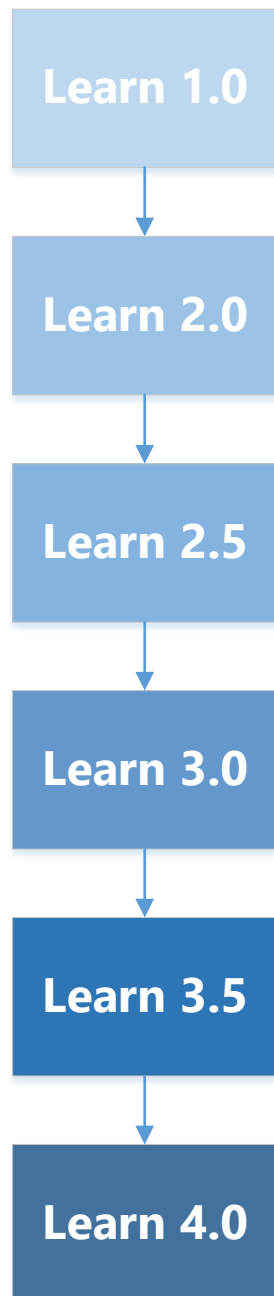




Adult Program Pathway

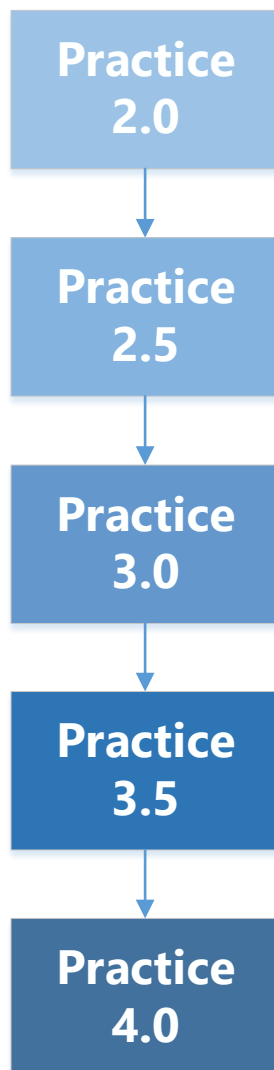
Learn

Learn programs are designed to help people improve their technical and tactical skills through deliberate instruction.



Practice

Practice programs are higher volume and intensity sessions where the coach runs drills to help players improve their existing skills.



Play

Play programs are coach-organized sessions where players get the chance to use the skills they've learned in a friendly playing environment.

