

Spring Development Session - Intermediate (U9 -U17) and Advanced (U11 – U17)

April 12, 2026	CSC – Main East Field	5:00 pm - 6:30 pm	Intermediate	In Season Dev – Fundamentals: Passing, Catching, Loose Balls, Shooting Advanced Fundamentals: Passing, Catching, Loose Balls, Shooting
		6:30 pm – 8:00 pm	Advanced	
April 26, 2026	Shouldice Arena	5:00 pm -6:30pm	Intermediate	In Season Dev – Fundamentals: Passing, Catching, Loose Balls, Shooting Shooting: Outside/Room & Time Shooting, Screen Shots/ around picks Inside shooting, quick release, fakes
		6:30 pm – 8:00 pm	Advanced	
May 3, 2026	Shouldice Arena	5:00 pm – 6:30 pm	Intermediate	In Season Dev – Defense – Positioning, Help Defence Fundamentals, IVI Defence – On Ball, Off Ball, 2 Man game, Team/Help Defence Progression
		6:30 pm-8:00 pm	Advanced	
May 24, 2026	Shouldice Arena	5:00 pm – 6:30 pm	Intermediate	In Season Dev – 1v1; 2v2; Cut & Replace Offence – Team Offence Progression; 2v2 (2 man game); 4v4 (on ball/off ball)
		6:30 pm – 8:00 pm	Advanced	
June 7, 2026	Shouldice Arena	5:00 pm – 6:30 pm	Intermediate	In Season Dev – Transition Basics Transition – 2 man outlet drills, full floor 5 man transition, Creating offense from Transition, Defending transition play
		6:30 pm – 8:00 pm	Advanced	
June 21, 2026	Shouldice Arena	5:00 pm – 6:30 pm	Intermediate	In Season Dev – Shooting Skill Focus to be Determined
		6:30 pm – 8:00 pm	Advanced	