



The A8 Club

*Private monthly group sessions with Tony Azevedo,
Michael Zellmer (“Mize”) & other Olympians*

ABOUT

- prepare for the Aquatic Games or JOs
- limited to 20 field players + [6 goalies per session](#)
- 3 sessions per month
- each session will include 30 min talk, dry-land/warm-up and 1 hr specific training
- 14-18 year old boys only

WHEN & WHERE

- Every Wednesday from 7- 8:30 pm (beginning March 14, 2018) — 4 months duration
- TBA (pool in Southern CA)

MONTH 1

1st session: shooting/ball work with **5X Olympian & Silver Medalist Tony Azevedo**
[Goalies: body & goal positioning/shooting with MIZE, 2X Olympic goalie for Germany](#)

2nd session: set-specific drills and shooting, posting up and sealing with **4X Olympian & Silver Medalist Ryan Bailey**
[Goalies: game strategy/shooting with MIZE](#)

3rd session: Game: Two Olympians will watch the game and each player/[goalie](#) will be given individualized feedback. Game will be tailored according to what has been worked on over the previous two sessions

MONTH 2

1st session: shooting/ball work with **Tony Azevedo**
[Goalies: mental strength/shooting with MIZE](#)

2nd session: drive defense and driving work with **3x NCAA Champion Max Irving**
[Goalies: game strategy/shooting with MIZE](#)

3rd session: Game: Two Olympians will watch the game and each player/[goalie](#) will be given individualized feedback. Game will be tailored according to what has been worked on over the previous two sessions

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MONTH 3

1st session: shooting/ball work with **Tony Azevedo**

Goalies: counter defense/shooting with MIZE

2nd session: defending the center and the post up with **2X Olympian Peter Hudnut**

Goalies: game strategy/shooting with MIZE

3rd session: Game: Two Olympians will watch the game and each player/goalie will be given individualized feedback. Game will be tailored according to what has been worked on over the previous two sessions

MONTH 4

1st session: shooting/ball work with **Tony Azevedo**

Goalies: 5 on 6 defense/shooting with MIZE

2nd session: 6 on 5 positioning, moving without the ball, setting up your teammates and understanding the positions with **Olympic Coach Rich Corso**

Goalies: game strategy/shooting with MIZE

3rd session: Game: Two Olympians will watch the game and each player/goalie will be given individualized feedback. Game will be tailored according to what has been worked on over the previous two sessions

Last session will be followed by a Team Pizza Party.

Pricing (per athlete):

- \$190 for individual session
- \$300 discount for three sessions/mo (for one month only)
- \$1100 prepay for four month program