

# WINTER 2012

## LACROSSE TRAINING



## **FIRST LINE LACROSSE ACADEMY**

*We believe Player Development is the most important and often most overlooked part of lacrosse. The “academy” is for players who are serious about improving their lacrosse skills. Sessions will focus on mastering proper technique and perfecting it through specialized drills and high repetitions. 60 minutes a week at FLLA will help you reach your goal as a better player.”*

**Session 1 (Grades 9, 10) Jan 8, 15, 22, 29**                      **800-900pm**

**Session 2 (Grades 11, 12) Feb 12, 19, 26, Mar 4**                      **900-1000pm**

**Goalies (Grades 8-12) Feb 12, 19, 26, Mar 4**                      **800-900pm**

**All sessions are on Sunday evenings**

**LOCATION: The Sports Academy**

**30845 23 MILE RD, Chesterfield MI 48047**

~ 19 mi from Grosse Pointe ~ 12 mi from Shelby Twp ~ 9 mi from Harrison Twp ~



Some lacrosse experience is necessary such as the ability to catch and throw, cradle, and move with the ball. Session 1 is for grades 8-10. Session 2 is for grades 11 & 12. Groups will be small (20 players MAX) and feature “muscle memory” training through a challenging, high energy, highly organized sessions. You will see and touch more lacrosse balls than you have ever experienced. Because player numbers will be limited we will sell out quickly.

**PLAYER DEVELOPMENT SESSIONS** For Attack, Midfield, Defense

1. Advanced stick work
2. Shooting time and room.
3. Shooting on the run
4. Shooting in close and feeding.
4. Dodging
5. Stick protection
6. Special tips and situation drills.

**Session 1= (JV) Grades 8, 9, 10 (4) player sessions \$75**

**Session 2 = (Varsity) Grades 11 & 12 (4) player sessions \$75**

**GOALIE SESSIONS**

1. Agility
2. Footwork
3. Pre-practice & Pre-game tips
4. Stopping the Ball
5. Hand eye coordination
6. Handling the ball.
7. Dodging and Clearing

**GOALIE = (Grades 8-12) (4) player sessions \$75**

**WALK UP REGISTRATION FORM – bring in with payment.**

PLEASE CHECK ONE.  OFFENSE- LEVEL 1  OFFENSE- LEVEL 2  GOALIE

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

POSITION \_\_\_\_\_ SCHOOL \_\_\_\_\_

GRAD YR \_\_\_\_\_ YEARS OF LAX EXPERIENCE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ PARENT CELL PHONE \_\_\_\_\_

PARENT NAME \_\_\_\_\_ PARENT EMAIL \_\_\_\_\_

FIRST LINE LACROSSE ACADEMY IS A DIVISION OF 313 LACROSSE LLC. 28220 HARPER AVE., ST CLAIR SHORES MI 48081

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