

# WINTER LACROSSE TRAINING

INTRODUCING



## **FIRST LINE LACROSSE ACADEMY**

*"I have created the FLLA for players who are serious about improving their lacrosse skills. My training sessions will focus on mastering proper technique and perfecting it through specialized drills and high repetitions. 90 minutes a week at FLLA will help you reach your goal as a better player."*

*-coach B*

**January 2, 9, 16, 23 & 30    February 6, 13, 20**

**All sessions are on Sunday evenings 830pm -1000pm**

**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 ~**



This is not a beginners program. Some lacrosse experience is necessary such as the ability to catch and throw, cradle, and move with the ball. LEVEL 1 is for grades 8-10. LEVEL 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. If you wish to be contacted when complete information is released contact coach B at [gpselect@gmail.com](mailto:gpselect@gmail.com) or 810.523.3699. Thank you.

**OFFENSIVE SESSIONS** 1. Shooting time and room. 2. Shooting on the run 3. Shooting in close, including crease play and quick stick.. 4. Dodging from top side - Face dodge, bull dodge, roll dodge, and split dodge. Dodging from backside (invert) – Question mark dodge, inside roll, COD, rocker and finalizer.

**GOALIE SESSIONS** 1. Agility, footwork, & pre-practice. 2. Improve saving, hand eye coordination drills and handling the ball.( includes dodging and clearing).

**OFFENSE Level 1 = (JV) Grades 8, 9, 10 \$ 99 = (4) player sessions**

**OFFENSE Level 2 = (varsity) Grades 11 & 12 \$ 99 = (4) player sessions**

**GOALIE = All levels \$ 49 = 2 sessions (Defensive clinics coming soon - TBA)**

The FLLA web site featuring a full schedule will be up shortly. Please visit us at [WWW.FIRSTLINELAX.COM](http://WWW.FIRSTLINELAX.COM)

## REGISTRATION FORM

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 \_\_\_\_\_

**\*\*\*Fill out and FAX to 586-498-5501 by 12/15/10 OR email to the address below**

FIRST LINE LACROSSE ACADEMY IS A DIVISON Of 313 LACROSSE LLC.

28220 HARPER AVE., ST CLAIR SHORES MI 48081

CONTACT US AT [gpselect@gmail.com](mailto:gpselect@gmail.com) or 810-523-3699

**ALL SPECIFIC DATES AND TIME TBA, YOU WILL BE CONTACTED BY EMAIL**