

Are you ready to take your lacrosse skills to the next level? Look no further! Our Lacrosse Skills Session Program is designed to provide players with an immersive experience focused on improving stickwork and teamwork, all while having a blast.

Why Choose Our Program?

1. **Instruction and Fun Activities:** Our program combines structured instruction with engaging and enjoyable activities. We believe that learning happens best when it's both educational and entertaining. Prepare to have a great time while enhancing your lacrosse skills!
2. **Progressive Skill Development:** We understand the importance of building a strong foundation. Our sessions start with "easy and comfortable" skills and gradually progress to more challenging techniques. This ensures that players develop their abilities in a logical and comprehensive manner.
3. **Repetition in a Fun Environment:** Repetition is key to mastering any skill. However, we know that practicing the same thing over and over can become monotonous. That's why we create a fun and dynamic atmosphere, where repetition feels like an exciting game. Through this approach, players develop both retention and "muscle memory" for improved performance.
4. **Comfort and Enjoyment:** We want every participant to feel comfortable with their lacrosse sticks and truly enjoy the game. Our skilled instructors provide a supportive and encouraging environment that fosters confidence and a deeper appreciation for lacrosse.

What Will You Learn?

Throughout our program, we will focus on the following essential lacrosse skills:

1. **Ground Balls:** Master the technique of scooping ground balls efficiently and swiftly, gaining an advantage over opponents during gameplay.
2. **Passing:** Develop accurate and precise passing skills, allowing you to distribute the ball effectively to your teammates and maintain fluid ball movement.
3. **Catching:** Hone your catching abilities to ensure you can secure incoming passes consistently, maintaining possession for your team.
4. **Dodging:** Learn various dodging techniques to maneuver past defenders effectively and create scoring opportunities.
5. **Shooting:** Improve your shooting accuracy, power, and technique, enabling you to find the back of the net with confidence.
6. **Defense:** Enhance your defensive skills, including positioning, footwork, stick checks, and communication, to become a formidable presence on the field.

7. Team Play: Develop a deep understanding of team dynamics, cooperative strategies, and effective communication on the lacrosse field. Learn how to work collaboratively with your teammates for optimal performance.

Our Goal for Your Son

By the end of the program, our primary objective is for your son to experience a heightened love for the game of lacrosse and an expanded skillset. We aim to instill a passion for the sport and equip participants with the necessary tools to excel both individually and as part of a team.

Don't miss out on this incredible opportunity to enhance your lacrosse skills in a fun and supportive environment. Join our Lacrosse Skills Session Program today and embark on an exciting journey of growth and enjoyment!

For registration and further information visit: <http://team91co.leagueapps.com/events/3939094-team-91-co-boys--summer-skills-sessions>

COACHES:

Barry Katz

50 years in lacrosse. Played at UMass, Amherst. Has coached youth and high school since 1988.

St. Thomas Aquinas HS 1988-2014. Team 91, Storm 2019-present

Jake Katz

....has been playing and coaching lacrosse since third grade. He is a 3X NHYLA All-Star, Member of two HS State Champion teams at St. Thomas Aquinas HS, and the 1998 University of New Hampshire Lacrosse Camp Braveheart Champion. He has coached at numerous camps and teams including Team 91, Boulder High, and Mullen.