

PrimoSports

"Your Multi-Sports Center"

Lacrosse Stickwork & Scrimmaging for Boys

Instructor- Mike Grace

Ages 9-12 Youth- This class will teach basic stickwork fundamentals including catching, throwing, cradling, and shooting. We use partner training and station drills to develop the skills a beginner to the sport needs to progress and improve their game. We follow this instruction up with small sided games that force players to use the skills they have learned in a team environment.

Ages 13-15 Modified- By enforcing the basic stickwork skills we add offensive tactics and defensive positioning to enhance the young players understanding of the game. We work on rules of the game and strategies in the offensive and defensive end of the field. We follow this instruction with small sided scrimmages to develop teamwork and give a good cardio workout.



Winter Sessions

Session 1 – Saturdays, Jan. 16, 23, 30 & Feb. 6

Session 2- Saturdays, Feb. 13, 20, 27 & Mar. 6

*equipment needed: Stick only for instructional
Goggles and mouth piece for scrimmaging

Sign up for
both sessions
for \$100

<u>Ages</u>	<u>Times</u>	<u>Price</u>
9-12	12:00-1:00pm	\$60 per 4 week session
13-15	1:00-2:00pm	\$60 per 4 week session

Entry will be confirmed once payment has been accepted. Cash, check and all major credit cards accepted .

PrimoSports 472 Route 17A Florida, NY 10921 Phone: 845.651.0440 Fax: 845.651.0445 www.primosports.net

PrimoSports Boys Lacrosse Stickwork & Scrimmage Registration

Childs Name _____ Phone _____ DOB _____ AGE _____

Parents Name _____ Emergency Contact _____

E-mail _____ Session & age group _____

Address _____

Street

City

State

Zip