

GIRLS | Youth/Middle



Shooting Sessions Dodging & Quick Release Training FALL SUNDAYS

SESSION 1

Sept 17, 24

Oct 1

SESSION 2

Oct 8, 15, 22, 29

Middle School

10:00am

(Grad Years 2028 & 2029)

Youth

12:00pm

(Grad Years 2030, 2031, 2032)

Packages and Single Session Drop In's Available!

Location: 522 Cortland Street, Belleville NJ Unit #5 (Blue Awning)

DODGING:

- Winning your matchup all over the field.
- Creating & absorbing contact - taking the right line to the goal, sealing our defender.

QUICK RELEASE SHOOTING:

- On the Run & Out of the Dodge
- Step Downs - Perfecting our form shooting with Shot Velocity & Placement

Register Today! [AdvancedLacrosseUSA.com](https://www.AdvancedLacrosseUSA.com)

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