

Youth/Middle

Grad Years: 2028, 2029, 2030, 2031, 2032



Offensive Performance Training

Dodging Specific Footwork, Speed & Agility

FALL SUNDAYS

11:00am

SESSION 1

Sept 10, 17, 24

Oct 1

SESSION 2

Oct 8, 15, 22, 29

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

- Semi-Private / Small Group Sessions
- Beating and sealing your defender inside a few steps to get your hands free
- Maximize Agility, Increase Speed, Learn to Dodge like a D1 Lacrosse Player

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