



Spring Team Trainings

March - May

Position Specific Trainings

MISSION

Through our position specific coaching style we aim to improve each individual player's skill level. Through repetition and skills training brings confidence to play the game at a high level, which helps teams play a more cohesive brand of lacrosse.

Our team training regimen and philosophy is proven for any program, grades K-12.

We keep it fun and upbeat!

***1 Session Per Week
6 Session Minimum***

**Contact Kevin Fahey
Advancedlacrosseusa@gmail.com**

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