

# Team Training Programs



## ALUSA's Team Training Program

### **MISSION:**

*Our goal is to make every individual player a star at his/her role working within the construct of your teams training regimen and philosophy. With our position specific coaches we will teach the fundamentals and will have your team playing a more cohesive brand of lacrosse.*

- **Assess Team Needs**
- **Design and Develop the Training Program**
- **Interactive Training Process**
- **Evaluation of Performance**

### **ALUSA Team Training Programs:**

**Off-Season I / Summer Trainings (June-August) 1 Session per week**  
Team Skills Training

**Off-Season II / Fall Trainings (September-August) 1-2 Sessions per week**  
Team Skills Training and/or Weight Training

**Pre-Season / Winter Training (December-February) 2 Indoor Sessions per week**  
Team Skills Training and/or Weight Training

**In-Season / Spring (March-May) 1 Session per week**  
Maintenance of skills and Positional Group Training

### **FOR MORE INFORMATION ABOUT ALUSA**

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