

ADVANCED LACROSSE USA

Private 1 on 1 Trainings

Our most sought after training!

- Guaranteed immediate improvements inside 3 sessions.
- Our position specific coaching staff is very enthusiastic and encouraging. We believe in reps and having fun while learning! We push our players every session.
- Player's are constantly working and learning inside private trainings.
- We run new age drills to seamlessly transfer our knowledge and customize our practice plans based upon each player's unique needs.
- Multi Coach program- Learn different styles of play from our expert level Advanced Coaching Staff. We played in our coaching positions and are experts at training lacrosse players.

How it works...

- 3 Session Packages - 60 mins each session
- We do not book fields for Private Trainings. (Fields cost \$300/hour)
- Outdoors at an open field. We do this daily, and know where to go.
 - Detailed feedback after each package.
 - Personalized Future Training Plan
 - PRICE: \$125 / session

How to Book: Contact Toni Dates at ToniDates.ALUSA@gmail.com

Payments/Terms:

Register via SportsEngine link. Due before start of trainings.

1-2 Weeks notice for Private Training Requests

Scheduling Service with On Call Support - Except weekends!

Inclimate Weather - We will move your session 1 week out.