



FastBreak

LACROSSE TRAINING

Contact Info: Rob Taylor

Store 884-4575

Email:

Rob@RalphsSportinggoods.com

Powered By



2100 Doubleday Avenue
Rt. 50 Carousel Plaza
Ballston Spa, New York
518-884-4575
518-884-4577 Fax

**Summer and Fall
Sessions**

Players Require

Water

Cleats

Helmet

Gloves

Stick

And a Positive

Attitude a Must!

**All Private and
Group Training
requires participants
to be registered with
US lacrosse**

Call for Group Pricing

Private Training Sessions For Boys

I am a firm believe that commitment, dedication and desire to play the game can take you to a higher level of play. Athletes who are serious about their game would benefit from individual training sessions. I will offer you a hands-on approach to the game that only true players can provide. I will make good players exceptional, and bring novice layers up to a competitive level. I will give you regales of your skill level, what it takes to fill your goals and reach your fullest potential in a fun and safe environment. I will help you build and maintain your level of confidence, while mastering the fundamentals of the game, stick work, dodging, defending, riding, footwork, stick protection, catching, throwing, cradling, shooting, and much more. When I work with an athlete on a one to one basis, I can evaluate and assess each players individual goals and needs. No matter what position an athletes holds, whether it be attack, midfield, defense, or goalie. I will customize each individual lesson based on each player's personal needs.

Private Training Session prices (one hour sessions)		
Pre-pay for..	and only pay	Total when pre-paying
1 session	\$50.00 per session	\$ 50.00
4 sessions	\$ 45.00	\$180.00
8 sessions	\$ 43.00	\$ 344.00
16 sessions	\$ 40.00	\$ 640.00
24 sessions	\$ 38.00	\$912.00

Sample one-hour session:

8-8:05 am	Quick Stretch
8:05-8:15	Stick work (passing, Catching, cradling)
8:15-8:30	Shooting Drills(Various drills for technoqu and acuracy)
8:30-8:45	Position Drills (will depend on individual players position)
8:45-9am	Ground ball drills and footwork (various drills to enhance ground ball skills and speed/agility)