

LifeZone360 Lacrosse

Academy Lacrosse Training



Lifezone360 2018 SUMMER LACROSSE ACADEMY

GRADES: Youth (3-8) HS (9-12)

AGES: 8 - 18

SKILL LEVEL: Intermediate / Advanced

SESSIONS / DAYS: 16 Sessions / Wednesdays

TIME: See Quick Info

COST: See Pricing Options

LOCATION: Lifezone360

Designed for the intermediate and club/travel lacrosse player, the Life-Zone360 Lacrosse Academy is an up-tempo training program building on the individual skills of the player.

The ACADEMY is divided into 2 distinct age groups; High School (Grades 9 - 12) and Youth (Grades 3 - 8)

The program develops the next level of skill with respect to

- Positional Focused Training
- Stick Handling / Cradling
- Scooping Ground Balls
- Passing / Catching
- Off Ball Movement / Footwork
- Dodging / Shooting

Additionally, the program includes a second hour of lacrosse focused speed and agility training for the athletes.

The ACADEMY incorporates more positional and skills training with the goal of having the athlete work and train in the position he wants to play.

LIFEZONE
ACADEMY

ACADEMY QUICK INFO

WEDNESDAYS

YOUTH 6 - 7p [SA 7 - 8p]

HS 7 - 8p [SA 8 - 9p]

@Lifezone360

999 W Main Street

W Dundee IL 60118

JUNE 6, 13, 20, 27

JULY 11, 18, 25

AUGUST 15, 22, 29

SEPT 5, 12, 19, 26

OCT 3, 10

16 TOTAL SESSIONS

PRICING OPTIONS

DROP IN: **\$40**

4 PACK OF SESSIONS: **\$140**

8 PACK OF SESSIONS: **\$240**

UNLIMITED SESSIONS: **\$399**

Attendance will be tracked by coaching staff.

There are NO REFUNDS for this program.

CLICK HERE TO REGISTER FOR THE 2018 LACROSSE ACADEMY

or visit <https://goo.gl/LSGK7P>

PROGRAM CONTACT

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