



East Coast Lacrosse

A DIVISION OF EAST COAST CONDITIONING

Winter East Coast Lacrosse Program Guide 2012

Lacrosse Specific Conditioning: Clark, NJ Boys & Girls Sessions

Cost: \$200 (8 classes)

This program will get young lacrosse players in shape and ready to play in the spring. Our certified conditioning and fitness coaches will run players through stamina building and quickness developing exercises so the players will be first to the ground balls, run longer, and move better than ever before. Our coaches train lacrosse players every day and know what types of exercises are appropriate for every age and level of ability. The focus will be on age-appropriate exercises designed to develop a full body level of conditioning and lacrosse specific footwork drills. Limit of 12 participants per session.

Dates:

Boys: Tuesday and Fridays
February 7, 10, 14, 17, 21, 24, 28, March 2

Girls: Mondays and Thursdays
February 6, 9, 13, 16, 20, 23, 27, March 1

Times:

Grades 3rd/4th/5th: 4-5pm
Grades 6th/7th/8th: 5-6pm

Goalie Training

Cost:

\$200 (4 classes)

Experienced East Coast goalie instructors and shooters will work in a small group settings, working on fundamental goalies techniques, reaction speed training, and goalie specific drills. Limit 6 goalies per session. 1 instructor per 2 goalies. Instructors will provide customized and appropriate drills depending on age and experience level. Proper goalie equipment (including goalie gloves) is mandatory.

Dates:

Sundays
February 5, 12, 19, 26

Times:

Grades 3rd-7th: 4-5pm
Grades 8th-12th: 5-6pm

K-2nd Grade: Intro to Lacrosse Skills

Cost: \$125 for 5 classes

This course will offer a introduction to the fundamentals of lacrosse. It will also be a great review for players who have had some exposure to the basics. Players will learn to be comfortable with lacrosse equipment (provided if needed), how to hold the stick properly, how to scoop properly, and how to throw, catch, and run with the ball. Everything will be done with fun and exciting drills to keep the boys interested and alert.

Dates:

Saturdays, February 4, 11, 18, 25, March 3

Time:

Grade K-2nd: 9-10am

Fundamental Skills Class: Boys 3rd-8th

Cost:

\$200 (5 classes)

This class is designed for the beginner to intermediate player who wants to keep the stick in their hand during the winter. Each class will focus on all the fundamentals needed to start the spring season off correctly: scooping, cradling, dodging, passing, catching, and shooting. East Coast instructors will provide plenty of repetitions and personalized guidance to make sure players are improving and having fun. Session II will build on Session I, but will be a good stand alone class by itself.

Dates:

Thursdays
February 9, 16, 23, March 1, 8

Time:

Grades 3rd-8th: 6-7pm

For more information call (908) 756-6868
or visit www.EastCoastConditioning.com



East Coast Conditioning
Sports Performance Training

where athletes train