

X-TREME LAX FACTORY at NJ Sports House

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Personal Lacrosse Training

Attack/ Midfield Training:

Stick work
Shooting techniques
Dodging
Wall ball stick work
Ground ball work
Shooting on the run

Stick protection
Stick Fakes
Feeding to teammates under pressure
How to set picks and come off picks
Positional shooting

Defensive Training:

Stick Work
Low Cradles
Break Outs
Riding
Running Back

Ground Work
Up Field Passing
Body Position
Footwork
Drill Throwing Checks

Goalie Training:

Ready position
Communication with Defense
Footwork

Stick Skills
Breakouts
Passing/Clearing

Pricing

Each session 55 minutes	One Session	Two Sessions	Three Sessions	Four Sessions	Five Sessions 10 % Discount
1 on 1 Instruction	\$75	\$150	\$225	\$300	\$337.50
3 Player Instruction (Positional)	\$170 Group rate	\$340 Group rate	\$510 Group rate	\$680 Group rate	\$765 Group rate
6 Player Instruction (Positional)	\$250 Group rate	\$500 Group rate	\$750 Group rate	\$1,000 Group rate	\$1,125 Group rate

Call Today to Schedule your Appointment!!!

For more information,

visit www.X-Tremelaxfactory.com or www.Ultimatesportsamerica.com

Email the director: Michael Carti at mcarti@x-tremelaxfactory.com