

LACROSSE

Boys Lacrosse Player Development Skill Sessions conducted by MVP Lax Camps Staff

The ADI Lacrosse Program is designed to improve skills and understanding of game strategy to help Lacrosse players advance to the next level.

Participation Options

Option #1 – Skills Only – 6 weeks (Jan 28, Feb 4, 11, 18, 25, Mar 1)

Thursdays 7pm – 8pm Middle School

Thursdays 8pm – 9pm High School

Sessions limited in size for effective personal training

Cost - \$295 (6 sessions and Fitness Evaluation)

Option #2 – Skills plus Speed or Power – 2 sessions per week

6 weeks skills – Thursdays 7pm – 8pm - Middle School (dates above)

Thursdays 8pm – 9pm - High Schools (dates above)

plus 6 weeks choice of one speed or power session per week (flexible schedule)

Cost - \$480 (6 skills sessions, 6 speed/power sessions, Fitness Evaluation)

Improve Skills: Drills will focus on proper execution of the basic Lacrosse skills including passing, catching, shooting, and defending.

Gain an Advantage: Athletes will learn proper footwork and positioning to improve their overall game. Sessions will also include in game decision-making and strategy discussions to improve performance in a team environment.

Fitness Assessment: All athletes will receive a comprehensive fitness assessment to serve as baseline for the ADI training.

Elevate Fitness: ADI Power and Speed training is focused on improving core strength and preparing the nervous system to operate efficiently through the movements specific to Lacrosse.

Grip training: Developing strength in the stick grip will improve stick handling. The ADI Lacrosse Speed and Power program is designed to increase strength in the muscles and joints that control gripping the stick.

Avoid Injuries: Strengthening the core muscle groups, grip strength and the rotary muscles used in stick skills will improve performance and help to avoid the most prevalent overuse injuries.

College Positioning: All participants in ADI High School Lacrosse program will receive a complimentary session on *College Positioning for High School Student Athletes*.

MVP Lax Camps
at ADI

*Under the direction
of Jim Stagnitta
Rutgers University
Head Lacrosse
Coach. MVP Lax
Camps at ADI
delivers small group
instruction in
preparation for the
spring Lacrosse
season.*



Athlete
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Institute

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