

GIRLS LAX TRAINING

Girls Lax Training is intended for female lacrosse players of **all ages and skill levels**. We will break down the fundamental techniques of lacrosse, whether you are a beginner learning the game or an experienced player looking to sharpen your skills.

TRAINING INCLUDES:

- Stickwork Fundamentals
[Throwing, Catching, Cradling]
- Groundballs
- Checking Technique
- Feeding/ Cutting
- Shooting
- Dodging
- Defensive Positioning
- Communication on the Field



COACH MEGAN YOUNG

Current Coach at John Carroll
Former University of Richmond Division 1 Lacrosse Player ('11)
Former John Carroll Lacrosse Player ('07)
Former NEMS Lacrosse Player ('07)

30 MINUTE & 60 MINUTE SESSIONS

Individual Training

Small Group Training [2-5 Athletes]

Team Training

Call for more information & to register

TODAY!

410-734-7300