



Summer PERFORMANCE TRAINING

For Lacrosse Players:

Stick Work & Shooting: Precision passing, shooting drills, and off-hand development.

Game IQ: Situational play, offensive/defensive strategies, and film breakdown.

Position-Specific Training: Attack, midfield, defense, and goalie sessions.



ON-FIELD LACROSSE DEVELOPMENT SESSIONS

	AGE	COST PER SESSION	RATIO	WEEKLY SESSIONS	SESSION LENGTH	TIME OF DAY	DATES	FULL PACKAGE COST
GIRLS	2007 - 2010	\$50	1:06	MONDAY & WEDNESDAY	75 MIN	9:30 - 11:00	JULY 3 - AUGUST 14 (EXCLUDING AUG 4)	\$600
	2011 - 2013	\$40	1:08	MONDAY & WEDNESDAY	75 MIN	11:00 - 12:30	JULY 3 - AUGUST 14 (EXCLUDING AUG 4)	\$480
BOYS	2009 - 2011	\$50	1:06	TUESDAY & THURSDAY	75 MIN	9:30 - 11:00	JULY 1 - JULY 31	\$500
	2012 - 2013	\$40	1:08	TUESDAY & THURSDAY	75 MIN	11:00 - 12:30	JULY 1 - JULY 31	\$400

CONTACT: DGLISIC@THEHILLACADEMY.COM