

**FALL I & II 2020**

# **BOYS LAX SKILLS CLINIC**

Professional instruction from coaches experienced at developing great LAX players. Develop and refine fundamentals key to success, including:

- Stickwork (basic and advanced)
- Defensive technique
- Attack tactics
- Face-offs

**RUN BY SUPERDOME'S  
PROFESSIONAL LACROSSE  
COACHING STAFF**

Comprised of several high level  
high school and Club head coaches

## **DATES**

### **Thursdays**

#### **Fall I: 8 sessions**

September 10<sup>th</sup> to October 29<sup>th</sup>

#### **Fall II: 8 sessions (no class Thanksgiving)**

November 5<sup>th</sup> to December 31<sup>st</sup>

## **TIMES**

**Grades 2 to 5:** 5:00-6:00pm

**Grades 6 to 8:** 6:00-7:00pm

**High School:** 6:00-7:00pm

## **COST**

\$245



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Waldwick, NJ 07463

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[www.superdomesports.com](http://www.superdomesports.com)





# **FALL 2020** **GIRLS LACROSSE** **CLINICS**

REGISTER ONLINE @ [SUPERDOMESPORTS.COM](http://SUPERDOMESPORTS.COM)

## **DATES**

### **Tuesdays**

**Fall I: 8 sessions**  
September 8<sup>th</sup> to October 27<sup>th</sup>

**Fall II: 9 sessions**  
November 3<sup>rd</sup> to December 29<sup>th</sup>

## **TIMES**

**Grades 2 to 5: 5:00-6:00pm**

**Grades 6 to 8: 6:00-7:00pm**

**High School: 6:00-7:00pm**

## **COST**

Fall I: \$245

Fall II: \$265

Join us for exciting LAX training for girls at every level. Get the solid fundamental training essential for player development, including:

Ground Balls

Cradling / Ball Possession

Catching

Passing

Shooting

Checking Principles

Switching Hands

Quick Sticking



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