

LAX ACADEMY

"Get the Edge on the Competition"

****For optimal results it is recommended to complete both sessions leading into the spring season**

Session I	January 7 - January 30	Tues/Thurs
Session II	February 4 - February 27	Tues/Thurs



Training Breakdown

5:30pm-7:30pm -DEFENSE Players ONLY Session I

6:30pm-8:30pm—OFFENSE Players Session I And II

*2 hour breakdown consists of lacrosse specific speed/agility, strength, lax I.Q. white board, and skill development

Areas of Focus

OFFENSE:

- Progression through fundamental drills, skill development, and positional play
- Overall strength to improve power and balance
- Improved hand speed for stick handling
- First step power and coordination
- Improved rotational core strength and stabilization for power transfer when shooting
- Speed, endurance, and stamina for reduction of fatigue and injury

DEFENSE:

- Focus on individual defensive techniques.
- Being a whistle ready defenseman
- The proper mechanics to throwing checks with out getting beat
- Learning to be a topside defenseman

Academy Staff

Dominick Flora

Master Sports Performance Specialist

Ben Sandlin

Defensive Coordinator at Salisbury University

2008 1st Team All American

7x National Champion

Nick Garbarino

Assistant Coach at Salisbury University

4x National Champion

2x All American

COST

\$300 for Session I or II

\$550 for both Session I/II Combo

***This academy will be cut off at the first 25 athletes. Both sessions sold out 7 consecutive years!**

****To enroll contact Dominick Flora****

443-783-3585

dflora@ceseastcoast.com