

Sticks In!! Lacrosse Clinics

FOREKICKS II

219 Forest Street ▪ Marlborough MA 01752
508-624-4433

**The Girls Lacrosse Training Program that “has it all” is back for its 6th season!
Get ready for the 2010 season!!**

Grades 4-10

February 28, March 7, 14, 21, 28

February 28, March 7, 14: 12 to 2PM March 21, 28: 11AM-1PM

Sticks In!! Lacrosse Clinics feature:

- Learn the “Modern Game” from the top lacrosse coaches and players in the area!!
- We teach the most current stick skills in the game: cradling, ball protection, dodging, passing, catching and shooting; draw techniques; 1 v 1 defensive fundamentals
- Fun mini games that reinforce the days lessons
- 3 v 3 or 7 v 7 Games.
- Instruction and a 7 v 7 Tournament on March 21 and 28th
- Players will be grouped according to age and playing experience. We rented 2 fields at ForeKicks II.
- 9 to 1 player to coach ratio ensures that we get to know each girl in the Program
- ForeKicks II is well-lit and...no boards!!
- The Famous Sticks In!! Lacrosse T-Shirt for Every Participant
- Coaches Awards for deserving players.

~ THE STAFF ~

Joe Kacevich, Director and Coach, Central Mass. Club Lacrosse Program

Holy Cross College Varsity players

Shannon Curran, Head Coach, Cohasset High School. Former Regis College Head Coach. Certified Level 2 Coach

Guest College and High School Coaches

~ THE PROGRAM ~

Warm-up (10 minutes); Stick skills (30 minutes); fun mini games and drills that reinforce the stick skills taught that day (40 minutes); 3v3 and 7v7 games (30 minutes).

Goalie Play: body positioning; stance, proper steps; stick positioning; clearing passes; field leadership and more.

Fee: \$240 for 5 sessions. Team and family discounts are available.

Bring a mouthguard, ASTM-approved goggles, sneakers or turf shoes, and a girl's lacrosse stick.

Questions? Contact: Joe Kacevich

508-460-9134 / joek@klbinc.com cell: 508-365-7486

Mail the completed Registration Form and the Medical Waiver to:

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24 Sadie Hutt Lane - Southborough, MA 01772