



3d Western Mass Box Lacrosse Training:

Amherst High School



Program Overview

Box lacrosse training has been proven to be one of the best ways to develop lacrosse players. In box lacrosse, the confines of the glass and boards force players to move faster, think quicker, and move the ball efficiently. The small-sided game play in the box sets players up for more touches leading to a faster skill progression. Lastly, the goals in box lacrosse are smaller which make skills like faking, feeding and finishing harder. Players will find box lacrosse challenging but rewarding and fun.

This winter, 3d NE South will be introducing Box Lacrosse training for the first time in the Western Mass area at Allsport Soccer Arena, in Northampton MA. At the end of the winter season, your player will have increased his skills and gained confidence in his ability whether in the box or on the field.

Why Box Lacrosse/Background

It is the goal of 3d Lacrosse to provide an outstanding instructional, educational and technical training experience for all players. This program is designed to bring in experienced lacrosse players and take their game to the next level. At 3d Lacrosse, we teach true box techniques that can be found all the way through NLL play. Box lacrosse skills and techniques that will be taught include:

- Finishing
- Faking
- Catching in traffic
- Deceptive shooting
- Feeding
- Dodging in tight confines
- Cutting
- Cycling



- Picking & Screens
- The 2-Man Game
- Power Play
- How to defend against all these scenarios

Box Lacrosse creates the ultimate environment for taking your game to the next level. Through the tight space and confines, players will get more touches, shots reps, dodges, and develop more sound defensive technique having to play with a short stick. Players will learn how to set proper picks and roll quickly, instead of popping out high as many players naturally do. Players will learn how to fake using minute but deceiving movements that most goalies in the States have never seen. Defensively, players will learn sound defensive technique on ball, off ball and in the 2-man game. Box training with 3d Lacrosse is the fastest way to take your game to the next level.

Dates

Wednesdays (6 Sessions)
 January 10th, 17th, 24th, 31st
 February 7th and 14th

Time

Youth (5-8) 6:00pm-7:00pm
 High School- 7:00pm-8:00pm

Location

Allsport Soccer Arena
 54 Old Ferry Rd
 Northampton, MA 01060

Team Rate

Estimated # of Players: 12
 Standard Cost: \$175/player
 Team Rate: \$1500
 Price Per Player Breakdown: \$125

Contact

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