



GIRLS **GRADES 3RD - 8TH** **BO**

Session 1 **Session**

2/13/16 **3/6/16**

12pm-2pm **10am-12**

FREE YOUTH DEVELOPMENT CLINIC

REGISTER NOW!

BRINE **COMLAX** **WWW.ECWLACROSSE.com** **781-275-9700**

15 SEASONS

ECW is happy to announce our Free Youth Development Clinics. It is our pleasure to give back to the lacrosse community by offering the opportunity for players of all levels to learn from our top tier coaching staff.

We have staffed our clinics with top level coaches that have played and coach at the highest level. A large portion of our coaching staff are currently playing professional lacrosse with the Boston Cannons and will be helping our Wizards Athletes achieve their goals.

Brief Development Clinic Training Itinerary

- Defense: Stick checks, positioning, slide packages and footwork
- Offense: Shooting, dodging offensive motions (1-3-2, 2-2-2, 2-1-3 offenses)
- Goalie: Footwork, angles speed and agility
- Face - off: punching, whistle response time, hand speed and wing play

***Only 50 roster spots are available for each session of the free youth development clinic.**

