



Fundamental Lacrosse is excited to announce Fall and Winter Off-Season Training Programs that we will be running this coming off-season. Each of our programs are designed to allow players to participate in other sports while keeping their lacrosse stick in their hands while receiving quality instruction from Division I lacrosse coaches.

In the summer of 2015 we will be fielding our first Summer teams for players that are looking to gain additional playing experience with our coaching staff.

### **Fall Ball Sunday Sessions:**

We are excited to announce the launch of our SHU Sunday Sessions for the upcoming fall. These weekly 1.5 hour sessions are great instructional clinics for youth and high school players. Using drills, skills, and techniques used by the Pioneer coaching staff, we will be providing players the tools to step up their game. These clinics are also a great way for elite level players looking to get specialized instruction for their specific position. Furthermore, we teach skills and drills that will help players prepare for the spring season.

Each Sunday will have a different format. There will be station sessions, where players learn a variety of different skills. There will be positional focused instruction for players to learn position specific technique(s). Each weekly session will include team and transitional work for players to develop their overall understanding of team play.

Our Main goal for these sessions is to have fun and help each young man improve as a lacrosse player. All levels of play are welcome!

**When:** Sundays starting September 14<sup>th</sup> – October 26<sup>th</sup> (No session October 12<sup>th</sup>)

**Time:** 8:30am-10am & 10am-11:30am

**Where:** Notre Dame Fairfield

**Cost:** \$150, includes reversible jersey

### **2015 Summer Club Lacrosse Try-Outs:**

Fundamental Lacrosse is proud to announce the formation of a new club lacrosse team that will begin play in the Summer 2015 under the direction of Sacred Heart Head Coach Jon Basti and his staff.

Our mission is to provide a summer lacrosse experience that goes beyond playing in tournaments and showcases. Our staff provides professional in-depth coaching for players in their specific positions, which helps players to enhance their individual skills sets. This is supplemented by the team concepts and systems taught to each team that are appropriate for their respective age groups.

Try-Outs will be held this Fall, players attending the Fall Ball Sessions can use those sessions as part of their evaluation process. Additional information will be released in the coming weeks.

### **Late Fall & Winter Box Lacrosse Training:**

Join the wave of lacrosse players across the country that are taking their game inside the Box to learn the indoor game that is growing in popularity in the US. Playing in the tight confines of the Box helps to develop softer & quicker hands, more accurate passing and shooting. With the ball rarely out of play, players are always engaged in the play and learn how to play both offense and defense.

Starting in mid-October we will be offering a weekly instructional session that can also be paired with the Box Lacrosse League at InSports. Come learn the game from Sacred Heart Assistant Coach Mark Miyashita who is a former indoor lacrosse player from Canada.

#### ***Option #1: Box Lacrosse Training with League Play (Grades 5-HS)***

**Cost:** \$375

Players will practice one night a week for 8 sessions led by Coach Mark Miyashita and his staff with a 1:5 coach to player ratio about how to play the Box game. Players will learn the pick & roll game, in-tight shooting, and team concepts that will transfer over to the Box league. Weekend games will be held with each team being coached again by our staff.

**When:** Wednesday & Thursday Evening

**Time:** Sessions will run between 5pm & 8pm

#### ***Option #2: Box Lacrosse Training (Grades 1-HS)***

**Cost:** \$250

Players will practice one night a week for 8 sessions led by Coach Mark Miyashita and his staff with a 1:5 coach to player ratio about how to play the Box game. Each of these skills can be transferred over to the Field game to help individuals become more dynamic.

**QUESTIONS? Please contact Coach Mark Miyashita at [fundamentallacrosse@gmail.com](mailto:fundamentallacrosse@gmail.com)**