



## Spring Boys Lacrosse Classes

Sign up now for our lacrosse classes taught by our professional and knowledgeable coaching staff. Classes are normally organized by grade, and feature a low student to coach ratio. Classes meet once per week. All players must have a helmet, gloves, and stick.

**Spring Session: April 11<sup>th</sup>- June 6<sup>th</sup> (8 week session) - \$280 (\$35 Per Class)**

Annual membership is required in order to register (\$30 individual/\$60 per family).

Register on-line at [www.houseofsportsny.com](http://www.houseofsportsny.com) or call 914-479-5419.

### CLASS SCHEDULE

Day	Class	Grade	Time
Monday	Skill Development	5 <sup>th</sup> -6 <sup>th</sup>	5pm
Monday	Shooting	7 <sup>th</sup> -8 <sup>th</sup>	7pm
Monday	High School Stickwork	HS	8pm
Tuesday	Skills & Games	3 <sup>rd</sup> -4 <sup>th</sup>	4pm
Tuesday	Stickwork	5 <sup>th</sup> -6 <sup>th</sup>	5pm
Wednesday	Skills & Games	K-2	4pm
Wednesday	Dodging & Defense	5 <sup>th</sup> -6 <sup>th</sup>	5pm
Wednesday	Stickwork Skills	7 <sup>th</sup> -8 <sup>th</sup>	6pm
Wednesday	Stickwork Skills	HS	7pm
Wednesday	Goalie Class	HS	8pm
Thursday	Fundamentals	3 <sup>rd</sup> -4 <sup>th</sup>	4pm
Thursday	Boys Shooting	5 <sup>th</sup> -6 <sup>th</sup>	5pm
Thursday	Goalie Class	5 <sup>th</sup> -6 <sup>th</sup>	5pm
Thursday	Skill Development	7 <sup>th</sup> -8 <sup>th</sup>	6pm
Thursday	Skill Development	HS	6pm
Friday	Stickwork	5 <sup>th</sup> -6 <sup>th</sup>	4pm

### Lacrosse Academy Class Descriptions

**Stickwork Skill/Skill Development:** Designed for players looking to make dramatic gains, this class will focus on the development of stick skills through high repetitions. Players will work on developing



both hands while playing wall-ball and in small group dynamic settings. They will also learn the fundamental techniques of shooting that will allow them to become effective shooters.

**Shooting:** This class is designed to improve on all aspects of your shooting including room and time and on the run. Class structure will include a content period followed by crossover time with our Goalie class where the shooters will be able to put their skills to the test.

**Dodging/Defense:** 1/3 of this class focuses on the skills necessary to succeed as a defender including; defense specific footwork, positioning and stickwork. 1/3 of this class focuses on offensive dodging. Players will learn all aspects of dodging. The last 1/3 players will play 1 on1.

**Skills & Games:** This class focuses on fundamentals while playing lacrosse specific games. This a great class for players who want to learn the game and have a good time! Helmet, gloves, and stick are required.

**Fundamentals:** An introduction to lacrosse basics for player who are brand new to the sport or have less than two years of experience. Participants will develop a broad base of introductory skills including how to cradle, scoop, pass, catch, and shoot. They will get to utilize these skills in game competitions that are designed to develop a love for the game in a relaxed atmosphere. The only required equipment will be a lacrosse stick, gloves, and helmet.

**Goalie:** Goalies will learn positioning, shot stopping techniques as well as communication and outlet passes. Class structure will include a content period followed by crossover time with our Shooting class where the goalies will be able to put their skills to the test.

**Lacrosse Academy Private Workouts:** These workouts are designed for players that want to work 1 on 1 with an Academy Coach to improve their game. Players and Parents will meet with their instructor to help designate the areas of emphasis that will allow the Academy Coach to design an individualized plan for player development. Please contact Lacrosse Director, Dan Forsyth at [Dan.Forsyth@HouseofSportsny.com](mailto:Dan.Forsyth@HouseofSportsny.com) for more information.