

SUPERKICK LACROSSE CLINICS

OFFENSIVE SKILLS COVERED

- Shooting
- Dodging
- Midfield Play
- Attack Play
- Fundamental Team Concepts

DEFENSIVE SKILLS COVERED

- Footwork
- Positioning
- Checks
- Fundamental Team Concepts
- Defensive Midfield Play

GOALIE TRAINING

- Footwork
- Positioning
- Eye hand coordination
- Passing

WEEKLY CLINICS

- Each clinic held M-F will last 70 minutes and will have a different focus each week unless otherwise noted in focus
- The cost for each clinic will be **\$20** per clinic and you can sign up for more than one per week
- You must register in advance due to our coach: player instruction ratio of 12:1

SATURDAY CLINICS

- Held every Saturday during the month
- Saturday clinics will cover both offensive and defensive skills
- **\$25** per clinic as Saturday Clinics are 90 mins
- You must register in advance due to our coach: player instruction ratio of 12:1

OCTOBER SCHEDULE

Day	Time	Boys or Girls	Level	Focus
Monday	4:45 pm	Boys	Youth (Grades 3-6)	
	4:45 pm	Girls	Youth (Grades 3-6)	
Tuesday	4:45 pm	Boys	Grades 3-8	Shooting/Dodging
Wednesday	4:45 pm	Boys	Middle School	
	4:45 pm	Girls	Middle School	
	6:00 pm	Boys and Girls	Middle School	Goalie Training
	6:00 pm	Boys	Youth (Grades 3-6)	Defense
	7:15 pm	Boys	Middle School	Defense
	Thursday	4:45 pm	Boys	Youth (Grades 3-6)
Friday (10/10,10/24)	4:45 pm	Girls	Youth/ Middle School (Grades 3-8)	
Friday (10/3,10/17,10/31)	4:45 pm	Boys	Youth/ Middle School (Grades 3-8)	
Friday	6:00 pm	Boys and Girls	Youth (Grades 3-6)	Goalie Training
Saturday	9:00-10:30 am	Boys and Girls	Youth/ Middle School (Grades 3-8)	

How to Register:

Call (740) 657-8888 or email us at lacrosse@superkickcolumbus.com

WHERE CHAMPIONS TRAIN®