

Grayson Summer Lax Factory



Coach Losurdo's program

What... Double Stixx Lacrosse is pleased to announce that it will offer Boys Youth Lacrosse Training in Gwinnett for rising 3rd graders thru rising 9th graders. This summer training is to continue to develop our current youth players and introduce new players to lacrosse.

Coaching Staff: Greg Kacinco....Graduated from Chattahoochee High School in 2004, Captain 2 years, 2 time 1st team All-State. Greg went on to play at Limestone College for Division II Men's Lacrosse team, captain his senior year. Greg works for Double Stixx lacrosse in Atlanta and coaches at Milton High School varsity team in Alpharetta and he is an Assistant Coach of the Atlanta Elite travel team. Along with Greg we will have Patrick Edmonds the GAA director of Lacrosse and many of our Grayson High School Lacrosse players to help train the kids in the proper techniques that Coach Losurdo has taught them.

- **ATTACK/MIDFIELD TRAINING**

Stick work, wall ball, shooting techniques, timed & space shooting, shooting on the run, positional shooting, dodging from all angles, stick protection, feeding with pressure, pick and rolls, off ball movement.

- **DEFENSE TRAINING**

Stick work, body position, footwork, low cradles, ground balls, groundballs to up-field passing, take away checks, slip & lead pokes, working the gloves, breakouts off cage, defending GLE, X drill, ride the back drill, running back drill.

- **GOALIE TRAINING**

Footwork, stick skills, communication, stick maintenance, angle play, playing the arc, ready position, passing/clearing, breakouts.

- **OFFENSIVE & DEFENSE**

1 vs 1, 2 vs 1, 3 vs 2, 4 vs 3 drills,
Situational & Full Scrimmage.

DAYS: Tuesday, Wednesday and Friday
WEEKS: 14 sessions
Week 1- June 21, 22, 24
Week 2- June 28, 29, 30
Week 3- July 12, 13, 15
Week 4- July 19, 20, 22
Week 5- July 26, 27
TIME: 1st session 10:00 – 11:30am - U7, U9 & U11
2nd session 11:30 – 1:00- U13 & U15
COST: \$125/player
WHERE: YMCA Park West Fields - Boys & Girls Club 382 Stone Mountain ST Lawrenceville GA
EQUIPMENT: **FULL EQUIPMENT REQUIRED:** Helmet, Mouth Piece, Gloves, Elbow Pads, Shoulder Pads, Stick and Cleats
SIGN UP: www.doublestixxlacrosse.com - Grayson Lax Factory

