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Kawartha Lacrosse Skill Sessions

**Work with current university coaches, provincial coaches and former NCAA/OUA players who can elevate your lacrosse IQ and help reach your lacrosse goals.**

U15/U19

Grade 7-12

* Small sided drills; shooting, dodging, defensive/offensive footwork and conditioning

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# Session Dates: May, June and July

May: 17th, 24th, 31st (3 nights)

June: 7th, 14th, 21st, 28th (4 nights)

July: 5th, 12th, 19th (3 nights)

**Total: 10 sessions**

## Location: Kenner High School

633 Monaghan Rd S, Peterborough ON K9J 5J2

## Summer Skill Session Hours

* Wednesday Nights
* 7:00-8:30 pm

# Cost: 40.00$ per session

* **40.00$ x 10 sessions= 400 dollars**

**Additional Information**

Athletes have the opportunity to give input on what they would like to focus on each week, to continue improving their game.