



## Worthington Alumni Lacrosse Association Lacrosse Training

The **Worthington Alumni Lacrosse Association (WALA)** will be holding lacrosse training clinics this summer on Tuesdays and Thursdays starting on Tuesday, June 10 and running through July. These clinics are open to all players grades 5 thru 12. Kids will be separated based on age and abilities and will be trained by Worthington alumni at their respective positions. Training will focus on the following:

**Time 5:45pm - 6:15pm**

**Face-off:** Focus on fundamentals, hand speed, and anticipation.

**Time 6:15pm - 7:15pm**

**Shooting:** Focus on fundamentals, shot speed, accuracy, and release. Also, a focus on dodging, field vision, and communication.

**Start Time 7pm - 7:45pm**

**Defense:** Focus on fundamentals, footwork, positioning, stick work, and communication.

**Start Time 7pm - 7:45pm**

**Goalie:** Focus on fundamentals, footwork, and communication.

All Clinics will be held on the football practice fields just west of the stadium. Helmets and gloves will be required and are available upon request. Any questions please email Shane Comisford at:

[Cardinalslax@gmail.com](mailto:Cardinalslax@gmail.com)