



What Are You Doing This Winter To Get Better?

Every week we are holding individual skills sessions. The skills sessions are on:

- Tuesdays from 5:00 to 9:00 pm at the Pinnacle in Medina
 - Oct 25, Nov 1, 8, 15, 29, Dec 6, 13, Jan 3, 10, 17, 24, 31 and Feb 7, 14 from 6 to 9 pm
- Wednesday from 5:00 to 9:00 pm at the North Royalton Fieldhouse
 - Oct 26, Nov 2, 9, 16, 30, Dec 7, 14, Jan 4, 11, 18, 25 and Feb 1, 8, 15 from 6 to 9 pm

The sessions are tailored to specific topics and areas that normally get limited coaching. The sessions will be in small groups (12 or less for fogo, shooting, defense, girls and 2 or 3 for goalies).

The sessions are open to all area players and a first come, first served basis

For November 29 to December 14 we are offering the following:

- **6 FOGO Sessions - \$30 each**
- **10 Goalie Sessions - \$40 each**
- **6 Dodging & Defending / Offense & Defense Sessions - \$30 each**
- **2 Girls Lacrosse – Dodging and Defending Sessions - \$30 each**

The clinics are listed below by type and by date

By Type

FOGO Sessions - \$30

	Date	Location	Time	Topic
*	Tuesday November 29	Pinnacle	7 PM to 8 PM	TBD
*	Wednesday, November 30	N. Royalton	6 PM to 7 PM	TBD
*	Tuesday, December 6	Pinnacle	7 PM to 8 PM	TBD
*	Wednesday, December 7	N. Royalton	7 PM to 8 PM	TBD
*	Tuesday, December 13	Pinnacle	7 PM to 8 PM	TBD
*	Wednesday, December 14	N. Royalton	6 PM to 7 PM	TBD

Goalie Sessions - \$40

	Date	Location	Time	Topic
*	Tuesday November 29	Pinnacle	5 PM to 6 PM	Off Stick & outlets
*	Tuesday November 29	Pinnacle	6 PM to 7 PM	Sweeps
*	Wednesday, November 30	N. Royalton	5 PM to 6 PM	Bounce Shots
*	Tuesday, December 6	Pinnacle	5 PM to 6 PM	Bounce Shots
*	Tuesday, December 6	Pinnacle	6 PM to 7 PM	Turns
*	Wednesday, December 7	N. Royalton	5 PM to 6 PM	Cross Crease
*	Wednesday, December 7	N. Royalton	6 PM to 7 PM	Pipe Play, Tracking
*	Tuesday, December 13	Pinnacle	5 PM to 6 PM	Sweeps
*	Tuesday, December 13	Pinnacle	6 PM to 7 PM	Stepping, In Tight Shots
*	Wednesday, December 14	N. Royalton	5 PM to 6 PM	Off Stick & outlets

Dodging & Defending / Offense & Defense Training- \$30

	Date	Location	Time	Topic
*	Tuesday November 29	Pinnacle	8 PM to 9 PM	Off/Def - Off Ball, crease/Slides
*	Wednesday, November 30	N. Royalton	7 PM to 8 PM	Dodging & Defending Up Top
*	Tuesday, December 6	Pinnacle	8 PM to 9 PM	Dodging & Defending From X
*	Wednesday, December 7	N. Royalton	8 PM to 9 PM	Off / Def - picks, 2 man
*	Tuesday, December 13	Pinnacle	8 PM to 9 PM	Unsettled & 2v1
*	Wednesday, December 14	N. Royalton	7 PM to 8 PM	Unsettled & 2v1

Girls Lacrosse - Shooting and Dodging Sessions - \$25

	Date	Location	Time	Topic
*	Wed, November 29	N. Royalton	8 PM to 9 PM	Dodging & Defending From Up Top
*	Wed, December 14	N. Royalton	8 PM to 9 PM	Dodging & Defending From X

By Date

Week Of	Time	Pinnacle (Tuesday)	N. Royalton (Wednesday)
Nov 29	5 PM	Goalie Clinic (Off Stick, Outlet)	Goalie Clinic (Bounce Shots)
	6 PM	Goalie Clinic (Sweeps)	FOGO Clinic
	7 PM	FOGO Clinic	Dodging & Defending Up Top
	8 PM	Off & Def - Off Ball /Crease Play / Slides	Girls (Dodging & Defending Uptop)

Week Of	Time	Pinnacle (Tuesday)	N. Royalton (Wednesday)
Dec 6	5 PM	Goalie Clinic (Bounce Shots)	Goalie Clinic (Cross Crease)
	6 PM	Goalie Clinic (Sweeps)	Goalie Clinic (Pipe Play, Tracking)
	7 PM	FOGO Clinic	FOGO Clinic
	8 PM	Dodging & Defending From X	Off / Def - Picks, 2 Man Game

Week Of	Time	Pinnacle (Tuesday)	N. Royalton (Wednesday)
Dec 13	5 PM	Goalie Clinic (Sweeps)	Goalie Clinic (Off Stick, Outlet)
	6 PM	Goalie Clinic (Steppin, In Tight)	FOGO Clinic
	7 PM	FOGO Clinic	Unsettled (2 v 1, odd man O & D)
	8 PM	Unsettled (2 v 1, odd man O & D)	Girls (Dodging & Defending at X)

How Do I Register? - To register click on the link below

- FOGOs - [Click Here To Register](#)
- Goalies - [Tuesdays at Pinnacle](#) or [Wednesday at North Royalton](#)
- Dodging & Defending / Offense & Defense - [Click Here To Register](#)
- Girls Shooting / dodging - [Click Here To Register](#)