



One on One Lacrosse Instruction Sessions

- For Boys ages 8-18 Personal One on One Instruction Lessons from an NCAA Head Mens Lacrosse Coach at an NCAA Facility.
- **ALL POSITIONS!! - ALL LEVELS BEGINNER to ALL-STAR**

All Lessons 1 on 1 to take your game to the next level offered by:

Jim Griffin: Head Mens Lacrosse Coach York College of P.A.-

43-25 overall record, 12 –ALL Conference Members, 2 –NCAA Div. III All-American,
2 NCAA Coaching Records,

The ALL-TIME Winningest Coach in York College Lacrosse History.

Rates Are Below:

30 Min. Session: \$30.00

1- Hour Session - \$50.00

2- Hour Session - \$80.00

-Call to set up a session at your most Convenient Time. All Sessions conducted at the York College of P.A. Campus.

Learn or Improve on any of the Following:

Outside Shooting, Shooting on the Run, Stick work, Box fakes, Dodging, Attack play, Midfield Play, Face-offs, Defense Footwork, Defense positioning and Checks, Goalie play, lacrosse Strength and Conditioning, and Goalie Play.

Specialty Offensive techniques: -Inside roll, The Question mark, The Finalizer, The Hitch Step, Rocker-Step, and More.

Specialty Defensive techniques: - Take away Checks, Rusty Gate check, Kayak Check, Ice pick check, The Freeze Check, and more.

For Information Please Contact Jim Griffin:

E-Mail: jgriffin@ycp.edu Or Call: 443-629-0853