



**Think Like a Champion, Train Like a Champion, Play Like a Champion!**

## **Bridgewater-Raritan High School Girls Lacrosse**

### **Winter Team Training**

**Dates:** Sundays December 11, 18, (skip Dec 25, Jan 1) Jan 8, 15, 22, 29, (skip Feb 5), Feb 12, 19, 26

**Location:** TEST Sports Performance, 1931 Washington Valley Rd, Martinsville

**Time:** 5:45-7:00p.m.

**Cost:** \$240/player

#### **Program Description:**

The T3 Elite team staff, led by coach Kat Holley, will coach the Bridgewater girl's lax players each week. Sessions will include preseason skills training and review of game strategies that will help prepare each player for a successful 2012 BR Lacrosse season! Points of training emphasis and progression of sessions will be discussed with the Bridgewater coaching staff. Each player will be challenged to improve. T3 will provide individual feedback to the players involved in the program.

**To Register:** [CLICK HERE](#) (or visit the Bridgewater Girls Lacrosse Website for registration link!)

Our focus is on three areas of the game:

- **Technical Skills.** Dominate and non-dominate stick skills including throwing, catching, ground balls, dodging, shooting, footwork, 1v1 defense
- **Tactical Skills.** Field positioning, decision making, off-ball movement, working in pairs, working in triangles, game sense
- **Situation Game Play.** Man up/Man down situations, clearing, defensive rides, fast break vs. slow break, team possession

**Questions:** Contact T3 Lacrosse at 908-766-4664 or email [info@t3lacrosse.com](mailto:info@t3lacrosse.com)