

**Cost: \$125.00**  
**Includes 5 weeks of skill development lessons**

**Dates: Nonstop 5 week programs**

**Age Group & Times:**

Tyke/Novice:	Tuesdays 5:00pm - 6:00pm
Novice/Peewee:	Tuesdays 6:00pm - 7:00pm
Peewee/Bantam:	Mondays 5:00pm - 6:00pm
Bantam/Midget:	Mondays 6:00pm - 7:00pm

**Location:**

**291110 Veterans Way, Airdrie, AB - East on Veteran's Boulevard across from Adesa Auctions**



**Explosive Edge Dynamic Lacrosse Skill Development**

Five (5) week training program consisting of:

- ✓ Technical skills development
- ✓ Team skills development
- ✓ Dryland training with focus on core strength and overall conditioning

Program custom designed and instructed by:

- Gord Henry; High Performance Lacrosse Coach
- Dustin Taylor; Captain, Rockyview Silvertips Lacrosse Club
- Kyle Bruce; Head Trainer, Explosive Edge

**Stronger**

**Shooting Edge Training:** This unique training module is designed for increased power, accuracy and overall consistency of the athletes shot. Players will learn the proper techniques of shooting from the wall, above the house and crease, as well as the quick-stick (one timer).

**Faster**

**Explosive Pass and Catch Training:** During this training module, athletes will learn techniques to increase hand-eye coordination, hand speed and foot speed allowing them to give and receive quality passes at game speed.

**Loose Ball Edge Training:** Games are won or lost in the battle for loose balls! This training module will teach athletes methods to pickup loose balls quickly and safely. They will gain the skills and knowledge to protect him or herself, increase their self-confidence, and allow them to achieve ball possession and create plays immediately. This skill provides athletes the edge over the competition to change the game in their favour.

**Explosive**

**Explosive One-On-One Training:** In this training module, athletes will learn creative offensive skills to create space, get ahead of the defender and properly protect the ball. Additionally, athletes will learn how to defend one-on-one through proper footwork, body and stick positioning.

**Explosive Edge 2-Man Game:** Team play is key to the success of a lacrosse player. In this training module, athletes will learn effective means of working with teammates through communication on both sides of the ball. Athletes will learn how to effectively set a pick, use a pick, as well as how to defend against the 2-man game.

To Register email Jason at [joakey@explosiveedge.com](mailto:joakey@explosiveedge.com)

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