

Qatar Lacrosse Women's Academy

**Fall Term 2018
Enroll Today!**



qatarlacrosse.com



/qatarlacrosse



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Qatar Lacrosse

Whether you are new to the game or already familiar, we have a lacrosse program for you!

Lacrosse is a great team sport that combines the skills seen in soccer, basketball and ice hockey.

Our programs are fun and active sport training, and equip you with the fundamental to enjoy the game socially or competitively with lots of motivating exercises.



Academy Programs

Each Program is delivered through development modules ranging from beginner level to elite, provided through weekly 60 minute sessions.

Our programs are designed to help you progress from one session to the next, working from individual skills up to innovative team ideas that are general to the game and structured to not only encourage the safe and active growth of each player, but have lots of fun!



Advance your Skills

Physical: Strength, Quickness, Footwork, Running Mechanics, Passing, Catching, Shooting, Ground Balls, Dodging, Attack and Defense Awareness.

Cognitive: Motor Skills (Balance, Agility, Flexibility and Force), Social Development (sportsmanship and leadership) and psychological advance (decision making, problem solving, and self-confidence).

Qualities: Speed, Stick Skills, Off-Ball Movement, Positive Attitude, Work Ethic, Communication and Creativity.

Qatar Lacrosse – Academy Schedule

01

Junior & Youth

Saturday

08:00 to 09:00 and 09:30 to 10:30

02

Mixed Social

Saturday

11:00 to 12:00

03

Men's

Tuesday

19:00 to 20:00

04

Women's

Tuesday

19:00 to 20:00



Qatar Lacrosse Programs, Pricing & Benefits

Juniors
(7 to 10yrs)

Youth
(11 to 15yrs)

Pre-Adult
(16 to 18yrs)

Adult
(+18yrs)

QAR600

- + Fun / Exercise / Social Opportunities / Variety
- + Lacrosse Athlete Development Model (LADM) run by Lacrosse Coaches
- + Fundamental Skills, Drills and **Mini-Games**
- + End of Module Player Appraisal and Certificate of Participation (Junior/Youth)
- + **Essential Equipment Provided:** Lacrosse Sticks, Balls, Goals
- + First-rate Facilities, Astro Turf Pitch & Court
- + **Complimentary** Membership to the Qatar Lacrosse Association





Qatar Lacrosse Academy

- Women's



Fall Term 1: 10 Sessions

Date: Tue 2nd Oct to Tue 11th Dec 2018

Time: 7pm to 8pm



Location

Lagoona Compound, West Bay



Sessions & Pricing

60 minutes Sessions (weekly)

Program: QAR600

Enrollment: QAR100

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