

Metro Lacrosse brings something new for girls' lacrosse players!

“Possession Clinic”

Getting and Keeping the Ball!

Six Monday nights @ Millburn Sports Academy

January 9 – February 13

7:00-8:00pm grades 7 & 8

8:00-9:00pm grades 9-12

Improve your individual skills in the areas of:

- **Getting open** - cuts, pivots, fakes, off ball movement
- **Ball protection** - keeping the ball safe while “seeing” the field, dodging, shielding the ball
- **Assisting teammates** - feeding the ball, setting picks, using give-and-go's, creating space
- **Defensive play** - double teams, 1 v 1 D, denying the opponent, forcing turnovers

Instructor: current U.S. U19 women's national team assistant coach Carter

Abbott; a player at Princeton University, where she was a first-year starter on the 1994 NCAA Division I national championship squad. Carter had a stellar career for the Tigers, including three first team All-Ivy League selections, two first team All-America selections, and was named the Ivy League Player of the year in her senior year in 1997. She was also a member of the U.S. women's developmental team (1995-96). Abbott is active in various roles of US Lacrosse serving as Women's Division National Tournament (WDNT) selector, was a member of the All-American selection committee, and was a presenter at the 2005 US Lacrosse National Convention. In 2010 US Lacrosse New Jersey Chapter Hall of Fame inducted Carter Abbott for her many achievements. She has been a high school coach for 12 seasons and hit her 100th career win in 2008. Abbott will be coaching Metro 2012 team in the 2011 season.

Clinic cost: \$295

-----**Clinic Registration**-----

Player's First Name: _____ Last Name: _____

Phone () _____ e-mail (for confirmation): _____

School: _____ Grade: _____

E-mail confirmations will be sent the week before the program is scheduled to begin.

I give my daughter _____ permission to attend the Metro Lacrosse “Possession Clinic” at Millburn Academy.

Parent signature: _____

Checks should be made out to: “Metro Lacrosse” and mailed by 1/5 to:

Metro Lacrosse
PO Box 11189
Loudonville, NY 12211