

Lacrosse Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing lacrosse games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in lacrosse. Become an offensive force on the field or a lockdown defender against your opponent. Shoot with greater force and sprint quicker on the field. With Game 7, we'll train you to LAX out. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 help you gain the edge to meet your goal. Our training programs will help lacrosse players develop game breaking speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete lacrosse player you can be.

With Game 7 the athlete will increase speed, quickness, agility, hand-eye coordination, quicker reaction time, strength, power, and explosiveness.

Here is what the lacrosse athlete will develop with Game 7:

1) **Speed, Quickness, & Agility:**

Whether its defense or offense, having a quick first step will determine who has the advantage. By having that extra burst of speed and quickness the athlete will be able to cover more ground. Game 7 will train you to develop the proper mechanics necessary to develop quick foot speed and become more agile. We'll train you through a variety of agility and speed drills to increase your speed and mobility. Game 7 will strengthen your footwork and speed so you have greater movement laterally, forward, and backpedaling. We will show you how to have greater body control.

2) **Strength & Power:**

Lacrosse is a physical sport and will challenge your endurance and physical strength. To be able to score you must have ball control, strong hands, and upper & lower body strength. Game 7 will train you through a variety of innovative techniques that will focus on muscle recruitment exercises, core exercises, and lower body exercises and drills so you will have the strength and power to dominate. We'll show you how to be stronger and much more physical with our training programs.

3) **Increased reaction time:**

Coordination, balance, footwork, and reaction time are all critical components to sustaining ball control and to defend an offensive player. Through a variety of reaction drills we will teach the lacrosse athlete how to move with and without the ball. We'll give you the tools so you become an elusive striker and a lockdown defender.

Play Hard, Train Harder with Game 7

www.game7sports.com