



In addition to playing at the collegiate level, all of us have worked with several lacrosse camps and played under some of the finest high school and college lacrosse coaches in the country. We have experience working with kids of all ages and backgrounds, and would be pleased to accommodate to your schedule. We guarantee that you child will develop better fundamentals and skills as well as learn to enjoy the sport we all love.



Private Lacrosse Lessons

Group or
Individual

Ages: 8-18

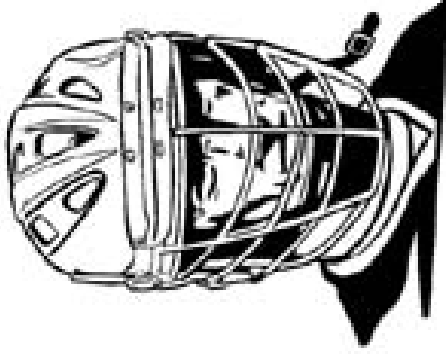


Fusion Lacrosse
Cory Coffman

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Cory Coffman



C O R Y C O F F M A N

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Credentials

Cory Coffman was part of the #1 recruiting class in the nation at Traditional Division I powerhouse Loyola College in Baltimore. Coffman was one of the first ever native North Carolina players to be highly recruited out of the state to top-tier D1 schools, and immediately made an impact upon his arrival on the Loyola campus. He played in every game at Midfield for the Greyhounds as a freshman, and by his second year was a consistent contributor. He started every game on the first midfield his final two seasons, leading the Greyhounds to victories over such vaunted opponents as #1 ranked Duke, #2 Georgetown, and final four participants Syracuse and Umass. His senior year included a trip to the elite NCAA tournament, and was awarded Loyola College's Medal of Merit as the schools outstanding Student-Athlete. His illustrious high school career included being a four time letter winner in lacrosse and a three time letter winner in football at Riverside High School. Coffman led the team in scoring his final two seasons with over 200 career points, and was a member of two state championship teams and named Offensive Most Valuable Player of the 2002 state championship game. He was a three time all-conference pick, a two time All-state pick, and an All-American at Attack his senior year, and was also named PAC-6 Player of

What to learn...

FACE OFFS

Learn the basics or fine tune with tips and tricks to help you dominate the "X".

SHOOTING

Learn to shoot harder, faster, more accurate, and while on the run, to become a constant offensive threat.

MIDFIELD

Learn to become a versatile player with both offensive and defensive skills. From dodging to checking, a middle has to know how to do just about everything.

ATTACK

Learn the art of changing direction, and how to feed and dodge from below the goal line to score at will.

DEFENSE

Quick feet and proper positioning are essential. Learn the ins and outs of defense to dominate your opponent.

GOALIE

Nothing is more important than a good goalie. Learn the proper techniques to save and clear the ball with ease.

SPEED AND STRENGTH TRAINING

Though plyometrics and agility drills increase your quick twitch muscles to become an all round better player. Use the same workout as the Loyola College Men's Lacrosse Team. "Speed Kills!"

Lessons

Lessons are taught in accordance to your skill level. Why waste hundreds of dollars on camps when your treated like a number? Learn at your own pace, with the attention you deserve from well experienced trainers.

Location

All over the Triangle. We will accommodate YOU!!

Pricing & Times

Equipment

We ask that children have their own equipment, however, a limited amount can be provided. We will provide the balls and goals.

