



ONE MISSION. ATHLETES.

OFFTHEFIELD Lacrosse Performance Training Program

Results to expect from each Athlete:

Increased Performance Specific to Lacrosse

Ensure that our athletes are as fast as possible for as long as possible.

Giving our athletes the ability to outwork their opponents all game.

Increased spatial awareness, strength & power, giving them the ability & confidence to play through contact.

Athlete will have the ability to change directions efficiently in all environments on the field.

Injury Prevention: Never be forced to leave the field. Develop proper mechanics and progressively strengthen each athlete to prevent faulty movement patterns that can lead to injury or decreased performance.

Focal Points of Training

Speed: Acceleration – Deceleration – Change of Direction – Agility – Top Speed - Endurance

Strength & Power: Strength programs specifically designed to prevent injury and preserve joints allowing the body to maximize power output

Conditioning: Muscular and cardiovascular endurance to continuously perform at a high level, game after game.

Since 2013 OFFTHEFIELD has been devoted to

Developing young individuals into better athletes, better people, and better champions. OTF has helped over **300+ athletes earn College Scholarships**, trained teams to win over **20 State Championships, 50** plus tournament champions, **18 Gatorade Players of the Year, 1** McDonald All-American, and **40+ PROFESSIONAL** athletes from the NFL, MLB, MLS, CFL, and NWSL.

We will do everything in our power to help each athlete reach their goals and their full potential, athletically and academically. By showing them real results through hard work and discipline, we will teach them how to love and respect the process.



Training Details

Mtn. View Off-Season Lacrosse Training

Cost Per Athlete:

\$70/month

Training Location(s):

OFFTHEFIELD Performance Facility
2204 E Lanark St.
Meridian, ID 83642

Training Start Date:

Monday December 1st

Training Days:

Monday and Wednesday

Training Time(s):

Jr./Sr. 3:30-4:30

Fresh/Soph 4:30-5:30

Payment Options:

Option 1: Check, Credit Card, or Cash attached to waiver at first session. Check Payable to OFFTHEFIELD

Option 2: Contact OFFTHEFIELD at (208)-608-5265 to give Credit Card payment over phone

Option 3: Create an OTF account online at <https://bit.ly/2zQue1A>.

Go to the Online Store tab and select group training.

Select Mtn. View lacrosse training option.

Check out.