



## Ultimate Parents Guide to Training For Lacrosse

By Sean Kelly

Sean Kelly's Performance Center. Paperback. Condition: New. 62 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Sean Kelly is one of the premiere coaches when it comes to training lacrosse players to not only be the best on the field but also off the field. While most lacrosse training programs take the approach of providing all lacrosse players the same base program, at Sean Kelly's Performance Center each athlete that comes through the door gets a custom experience catered to them specifically. With this book parents will know how to make sure their lacrosse players find guaranteed success in their ability to master the game of lacrosse and dominate their competition physically and mentally. There is no guide available like this until now. Discover what it takes to build a lacrosse player that won't break down when the pressures of the game or life comes his or her way. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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