

## **CLFH Player, Team & Coach Lessons**

**Coach Lewis, USAFH Level III certified**, and coach educator, with over 30 years of experience, 11 years on the Men's National Team, playing in 98 International Test Matches worldwide. Lewis has been coaching with USA Field Hockey National teams pipeline since 2009. He is currently the Head coach for both Futures Site Region (10J) and boys Colorado Regional Development Center (CRDC).

**Private Training Session**-Cost \$60, per hour (Full coach attention)  
Maximized training for proper Fundamental development with full skill based breakdown, 100% repetition for vital muscle memory to reach top game performance. Best plan for beginners to the highest level of development.

**Two Athletes Training Session**-Cost \$50 each, per hour (2 player training  
Very High quality coach attention for siblings/teammates) Great fundamental development training and focused skills and 1v1 practice. Great plan for beginners to highest level of development.

**Three Athletes Training Session**-Cost \$40 each, per hour (3 player training with top quality focus on position and connective ball movement)  
Improve defensive, midfield and offensive positional training, dynamic game related passing and receiving tactics. Great choice for improving mid-level to highest level of development.

**Team Training Sessions**-Cost \$100 total, per hour (Hire us to come out and run a practice), We will run / choose a specialized practice for your program. Game related tactical, pressing, out letting and team flow attacking strategies. Set pieces, attacking 25, APC, DPC etc...

**Coach Training & Support with or without team**-Cost to be negotiated.  
Learn current top level techniques (in class and on field training), working with whole staff, direct feedback to energize program, coaches and players. Learn hands on training, from the best education coaching team in Colorado.

**To Schedule**-please contact Paul Lewis at [paul\\_lewis@q.com](mailto:paul_lewis@q.com). or call 719-237-6811.