

CLFH Private & Team Lessons

Coach Lewis, USAFH Level III certified, 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 (1 on 1 Training, Full coach attention) Most important for proper Fundamental development with full skill based breakdown, 100% repetition for vital muscle memory and top game performance. Best for beginners and advanced player development.

Two Athletes Training Session-Cost \$50 each, per hour (2 player training Very High quality attention for siblings/teammates) Great fundamental development training and focused skills, great for beginners and advanced level play development.

Three Athletes Training Session-Cost \$40 each, per hour (3 player training Great quality attention) Improve defensive, midfield and offensive positional training, dynamic game related passing and receiving tactics. Great choice for improving mid-level play development.

Four Athletes Training Session-Cost \$30 each, per hour (4 player training high quality attention) Great for ball control and possession small game play for cohesive connectivity in play and improved game performance. Best cost price, for improving mid-level play development.

Team Training Sessions-Cost \$100 total, per hour (6 or more athletes) We come out and run a specialized practice for your program. Game related tactical, pressing, out letting and team flow attacking strategies. Set pieces, attacking 25, APC, DPC etc...

Coaching Support and 1 on 1 Training-Cost (hourly) to be negotiated. A great choice for high school coaches looking for program growth and improved coach techniques. Whole staff, direct feedback to energize program your program, utilizing the most current advanced practice, training techniques and top coach educator in Region 10.

To Schedule-please contact Paul Lewis at paul_lewis@q.com. or call 719-237-6811.