

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



**GAME  
BREAKER**

LACROSSE CAMPS

2019



**Hopkins School**

New Haven, CT

CAMP DATES:

**July 22 - 25**

**Girls Ages 6 - 16**

LaxCamps.com 800-944-7112 Support@LaxCamps.com

Established in 2001 - 100,000 Campers and Growing

## Team Discounts

5-9 Players  
\$25 off

10 + Players  
\$35 off

Email for Code



## Camp Location

# Hopkins School

New Haven, CT  
Overnight and Extended Day  
All Abilities Welcomed

## Why GameBreaker Lacrosse

- Current Collegiate Players on Staff
- Run at Elite College and High School Institutions
- 8 to 1 Camper to Coach Ratio
- Specialized Instruction for All Positions
- Top Level College and High School Coaches
- Daily Contests, Prizes and Awards!

## Director



## Sarah Stevens

- Head Coach, Stratford HS
- 2x captain and 2x All Conference at Western New England
- Played Semi Professionally in Scotland & England
- Played for the USA Athletes International team



## Schedule

### Morning Training Session

#### Developmental Stick Work

Specialized stick routines and targeted fundamental drills

#### Individualized Training

**Defense, Attack, Midfield, Goalie, Draw Specialist:** Footwork- Dodging-Situational and Spatial Awareness - Mechanics - Stick Protection - Positioning

#### Unsettled Situational Game Play

Focused on spacial awareness specific to each type of situation, 1v2, 2v3, 3v4, 4v5 and 5v6

**Chalk Talk:** Reviewing techniques and game theories implemented in camp

### Afternoon Training Session

#### Grouped Position Specific Training

**Defense vs Attack, Midfield vs Midfield:** Focusing on Positioning, Game IQ and Field Awareness - 1v1, 2v2, 3v3. 4v4, 5v5, 6v6

#### Game Play

7v7- Clear, Ride and Full Field Scrimmages- Camp Championship

#### Specialized Team Building Events

Lax Capture the Flag- Lax Maze Runner- In Addition to Other leadership Activities