

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



**GAME
BREAKER**

LACROSSE CAMPS

2019



**Northern Arizona
University**

Flagstaff, AZ

CAMP DATES:

June 17 - 20

Girls Ages 8 - 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

Northern Arizona University

Flagstaff, AZ
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



Jessica Barden

- Head Coach, Chaparral H.S.
- All-American player, Sweet Briar College
- Played for IFWLA Virginia and South teams
- AZ Girls Lacrosse youth program director



Schedule

Morning Training Session

Developmental Stick Work

Specialized stick routines and targeted fundamental drills

Individualized Training

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

Chalk Talk: Reviewing techniques and game theories

Afternoon Training Session

Unsettled Situational Game Play

focused on spacial awareness specific to each type of situation, 1v2, 2v3, 3v4, 4v5

Grouped Position Specific Training

Defense vs Attack, Midfield vs Midfield: Focusing on Positioning, Game Philosophy's and Techniques- 1v1, 2v2, 3v3. 4v4

Specialized Team Building Events

Lax Capture the Flag- Lax Maze Runner- LAX Water Balloons Movie Night- Spike Ball - In Addition to Other Leadership Activities

Evening Training Session

Game Play

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

All meals will be served in the dining hall. Breakfast, Lunch and Dinner.