

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



**GAME
BREAKER**

LACROSSE CAMPS

2019



**St. Joseph
High School**

Trumbull, CT

CAMP DATES:

July 8 - 11

Boys 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

St. Joseph High School

Trumbull, CT
Day and Half 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



Brendan Talbot

- Head Coach, St. Joseph High School
- 4 year standout player at Quinnipiac University
- 2x Class S CT State Champion
- Previously coached at Quinnipiac, West Conn and New Milford HS
- 3x captain at Quinnipiac University



Schedule

Morning Training Session

Developmental Stick Work

Specialized stick routines involving box and targeted fundamental drills

Individualized Training

Defense, Attack, Midfield, Goalie, Faceoff Specialist: Footwork- Situational and Spatial Awareness- Situational Dodging- Mechanics - Sliding - 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 and LSM's: Focusing on Positioning, Game IQ and Field Awareness - 1v1, 2v2, 3v3. 4v4

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