

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



**GAME  
BREAKER**

LACROSSE CAMPS

2019

**St. Joseph  
High School**

Trumbull, CT

CAMP DATES:

**July 8 - 11**

**Girls Ages 6 - 16**

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

## 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



### Kyra Ochwat

- Assistant Coach at Weston High School
- Quinnipiac University star player
- NEC Rookie of the Year
- 3 time All Conference Player (MAAC & NEC)
- Quinnipiac's all-time leading scorer points record holder for both men and women



### 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