

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



# GAME BREAKER

LACROSSE CAMPS

2019



# University of Washington

Seattle, WA

CAMP DATES:

**June 23-26 & July 21-24**

**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

# University of Washington

Seattle, WA  
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



## Jack Cerchiara

- Head Men's Coach, Univ. of Washington
- Standout Player for Kenyon College and for the University of Washington
- Former 4 year Associate Head Coach. University of Washington



## 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

**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 and LSM's:** Focusing on Positioning, Game IQ and Spatial Awareness - 1v1, 2v2, 3v3, 4v4

#### Specialized Team Building Events

Lax Capture the Flag- Lax Maze Runner- Movie Night- Spike Ball Tournament- 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.*