

GREAT COACHES, GREAT FRIENDS, GREAT SUMMER



**GAME  
BREAKER**

LACROSSE CAMPS



# Avon Old Farms School

Avon, CT

CAMP DATES:

**August 2 - 5**

**Girls Ages 8 - 16**

COVID COMPLIANT

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

# Avon Old Farms School

Avon, 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



## Katie Keogh

- Head Coach, Hopkins School
- Spent 5 years as Cheshire Academy Head Coach
- Girls Director for the CT 203 Club
- Standout player at Green Mountain College



## Schedule

### Morning Training Session

#### Developmental Stick Work

Specialized stick routines involving box and targeted fundamental drills

#### Individualized Training

**Defense, Attack, Midfield, Goalie, Draw 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:** Focusing on Positioning, Game Philosophy's and Techniques- 1v1, 2v2, 3v3. 4v4. 5v5

#### 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.*