

## OFF SEASON LACROSSE

### The Forge - Summer Fundamental Skill Training



**AGE:** 4-14 | Coed

**DATES:** July 5<sup>th</sup> - July 9<sup>th</sup>

**GAMES:** July 12<sup>th</sup> - Aug 14<sup>th</sup>

**LOCATION:** Bender Fields

**TIME:** 3:00 PM - 05:00 PM and 5:00 PM - 7:00 PM

**COST:** \$125

The Forge Summer Lacrosse Program is fundamental four-day camp for boys ages 7-14 who want to tune-up their skills and elevate their game. For players of all levels and positions, and carefully designed curriculum skips the lines and puts players through fast-paced, high-energy drills. The 8-to-1 player-to-coach ratio keeps things moving fast with highly engaged skill development.

#### WHAT TO BRING

Sticks, Helmets, Pads  
Snack  
Sunscreen  
Water Bottle

#### KEY SKILLS

- Proper stick mechanics for throwing and catching
- Ground balls: approach, battle & maintaining possession
- Shooting: technical breakdown of feet, hips & arms
- Defensive footwork & positioning
- Understanding game situations on offense & defense
- Possession: understanding off-ball movement & cutting

#### DAY 1 | ADVANCED STICK SKILLS

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- Stick Skill Ground Balls
- Shooting

#### DAY 3 | EVEN PLAY 1v1 2v2 3v3

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- Triangle Offense
- Defense (team and individual)

#### DAY 2 | DODGES AND PLAYING FAST

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- Dodging
- Fast Breaks

#### DAY 4 | UN EVEN PLAY 2v1 3v2 4v3

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- Man Up, Man Down
- Face-Off and Wing Play