



Partnering with:



Sponsored by: **MAVERIK** LACROSSE 

Hosts the Dragons Lacrosse Camp

When: Monday, June 28th - Thursday July 1st

Where: Old Dragon Stadium

Time: 9:00am – 1:00pm

Cost: \$150.00

Grades: 1st – 8th



***every camper gets a Dragons Camp reversible

Please register at: <http://c2clax.com/Registration.aspx>

Face-off Challenge - Camper of the week Awards - Fastest Shot Competition

C2C Summer Lacrosse Camps - 4 Day Schedule

:00 - :15

Warm-Up/Stretch/Agilities - by age groups

:15 - :35

Catching and Throwing Drills

Partner Passing, Line Drills, Star Drills, Box Drill

:35 - :40

Water Break

:40 - 1:20

Stations

Day 1

Face-Off

Shooting

Dodging

Ground Balls

Day 2

Face-Off

1v1

2v1 to goal

3v2 Scramble

Day 3

4v3 Keep away

Shooting

Defensive Positioning

Stick Skills

Day 4

Face-Off

3v3 Dodging/Defense

2v2 Crease

Stick Protection/Checks

1:20 - 1:30

Water Break

1:30 - 2:00

Action Drills by age group

Day 1 - 1v1, 2v2, 3v3

Day 2 - Numbers Drill

Day 3 - 1/2 Field 4v3, 5v4, 6v5

Day 4 - 6v6 Offense/Defense

2:00 - 2:10

Water Break

2:10 - 2:40

Uneven Drills/Transition

2v1, 3v2, 4v3 Scramble

2:40 - 2:50

Water Break

2:50 - 3:05

Fun Games - Sharks and Minnows, West Genesee, Musical GB's

3:05 - 3:15

6v6 - offense/defense instruction

3:15 - 3:50

1/2 field/full field scrimmage

3:50 - 4:00

Ball Hunt/Group Meeting/Announcements