

## OFF SEASON LACROSSE

### The Cradle (Recreational) Summer Camp Lacrosse Program



**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:** \$75

Cradle Camps introduces the sport of lacrosse with a fun refreshing curriculum and dynamic staff who ensure a positive first experience. Skills are reinforced through obstacle courses, fun drills and games. The program introduces the basic skills in a one-of-a-kind, unrivaled environment. Cradle's four-day camp focuses on building players' confidence and having success through its unique curriculum that allows kids to be introduced to lacrosse in a fun, unique way. Cradle Lacrosse is open to boys and girls ages 4-8 that want to learn lacrosse! No experience is needed. No equipment, no sweat, just come and play! 4 v 4 Team Tournaments Games will be held weekly.

#### WHAT'S PROVIDED

Lacrosse sticks (Yours to Keep! With Early Registration)

Swag Lax balls

Program T-shirt (Yours to Keep!)

#### WHAT TO BRING

Snacks

Sunscreen

Water Bottle

#### DAY 1 | CRADLING & GRIP

- Learn grip and cradling mechanics
- How to maintain control of the

#### DAY 3 | SHOOTING

- Learn power foot, aiming and follow through
- Practice shooting, passing and catching

#### DAY 2 | GROUND BALLS

- Learn proper ground ball form
- Practice communication with teammates

#### DAY 4 | DODGING & DEFENSE

- Learn roll dodge, face dodge, and stutter step
- Learn proper defensive stance and agility