



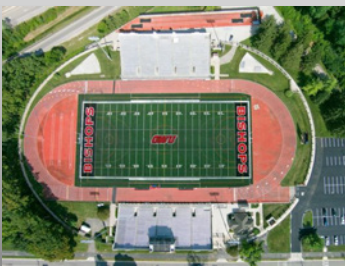
Midwest Lax Boys' Skills Camp



**USE CODE
"EARLYBIRD24"
TO SAVE \$15
Exp 2/29/24**



All sessions will be held in Selby Stadium on the campus of Ohio Wesleyan University in Delaware, OH. We will have certified trainers and water available for all campers.



Register Today!

**Session Date: June 10-14, 2024
(Mon-Fri) 1:00-3:30pm**

Designed for beginner to intermediate players. Take your game to the next level and learn from the best college coaches and players in the country. Here are some of the skills you'll learn, by age group and skill level:

Younger players (K-4 or Beginners)

Lacrosse is a game and should be played because it's fun! We will focus on all the fundamentals of the game: catching, throwing, scooping, shooting, cradling, dodging, and defending. Through drills and games, players who are new to the sport will develop a feel for how the game is played, and the skills that are needed to play lacrosse.

5-8 or Intermediate players

For players that may have a few years of experience, we will ramp up our instruction and teaching of the game. We will focus on skills such as footwork (hockey stops, change of direction, speed differential), intermediate stick skills (cross handed passing and catching, behind-the-back, one-handed catching/throwing), all dodges will be covered, angles of attack, passing/shooting/feeding, field vision, checking, defensive positioning and proper angles, and transitional play.

REGISTER

Questions?
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