

"RAPID FIRE" BOYS LACROSSE SUMMER CAMP

To Register for Camp, Please Visit WWW.WOMENSLAX.COM

DAY SESSION OVERVIEW

This program is geared towards the beginner to novice player who is looking to improve upon the basic skills learned in the first and formative years of lacrosse. Most players will come to camp with at least one year of experience from a game or skills only program.



The typical day will follow this schedule:

- Check-in, stretching, warm-up
- Morning individual & team contest
- Fundamental drills
- Shooting, passing, and ground balls
- Instructional sessions
- 1v1 and team based
- Inter-camp games
- End of day contests with prizes by age group

CAMP DETAILS

Rapid Fire Lacrosse Camp: MA

- July 5-8, 2010
- 830am – 1230pm
- Pembroke HS Turf Field: Pembroke, MA
- Price \$285
- Details: Ages 7 – 12

MEET THE DIRECTOR: SCOTT HILLER

· Scott is the co-owner, coach, and general manager of the Washington Bayhawks of Major League Lacrosse (MLL). Prior to the Bayhawks, Hiller was the head coach and director of player personnel for the Boston Cannons who advanced to the MLL championship game in his last season (2004). In 2002, Hiller was named MLL Coach of the Year.

· Before joining the Cannons, Hiller spent eight seasons as assistant coach for the Harvard Men's Lacrosse team. Prior to Harvard, he had an outstanding playing career that included a U.S. World Team appearance in 1994.

· Additionally, Scott is currently a volunteer assistant coach for the Northwestern Women's Lacrosse team, who have won four consecutive NCAA Divisions I National Championships under the direction of head coach Kelly Amonte Hiller, Scott's wife.

· Hiller graduated from the University of Massachusetts in 1990. He is third on the career points list at UMass, where he was one of just two players to be named All-American all four years. He was captain of the Minutemen as a senior.

ADDITIONAL COACHES AND STAFF

- (2) St. Anselm's, (1) William & Mary, (1) Wesleyan, and (1) Babson College players on staff
- All groups will be coached by college-level experienced coaches

Also, many alumni from the local high school programs will be on hand to help coach and assist. We have had great success including local players who are currently still playing at the high school level. Their ability to connect with the kids, and make them see how achievable it is to become a great player with hard work and the proper coaching, is critical to the camp's success.

Instructional Session Overview

These sessions will focus on advanced skills and maneuvers critical for the intermediate player looking for an edge against his competition

Attack & Midfielders

- Emphasis on proper shooting techniques, with 30 minutes of shooting drills daily. Additional work on face-offs, stick and body fakes, dodging techniques, 1v1 offensive maneuvers.

Defense

- All checking and positioning techniques such as: slap check, poke check, ding-dong, over-the-head, hook check, and foot work drills.

Goalies

- Positioning, stick work, field work, field signals, setting up clears, and other drills to put into use post camp