



NXTLACROSSE

PLAY FAST CAMPS 2016

PLAY FAST | Our Philosophy

NXT Lacrosse presents our Play Fast Summer Camp Series in 2016! These camps are designed for players who are looking for fundamental training in an exciting and high-energy environment at an elite venue! Our goal is to ignite and further the level of excitement for a player's future within the game.

Aside from a well-trained, professional staff and modern fundamental curriculum, we deliver an awesome overall experience to each camper. From camp prizes, fun competitions and continuous social media coverage, to a full-time athletic trainer on site, PA Act 153-compliant coaches and position-specific training - we ensure a positive, safe, and fun camp experience!

CHECK OUT ALL OF OUR CAMPS AT
NXTLACROSSE.COM

SUMMER DATES

AGES 8-13 | 9 AM - 3 PM

UNITED SPORTS | Downingtown, PA

July 5 - 8

CABRINI COLLEGE | Radnor, PA

July 25 - 29

KEY SKILLS

- Proper stick mechanics for throwing and catching
- Ground balls: the approach and maintaining possession
- Shooting: technical breakdown of feet, hips, arms and hands
- Defensive footwork and positioning
- Understanding game situations
- Settled offense and defense
- The clear and the ride
- The draw: the center, the circle and the line
- Fast breaks and unsettled situations
- Transition and possession
- Goalies: fundamental form, body positioning, angles, quickness and technique

QUESTIONS? EMAIL US.
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