



All Star Sports Themed Day Camp

How to Get Started

Suggested Description

OTA's All-Star Sports Day Camp offers action and non-stop fun and game play all day long. Let's Play! Soccer, Basketball, Flag Football, Floor Hockey, Wiffle-ball, and more. Focus is on individual skill development, the importance of fundamentals and the development of a healthy team attitude. Campers take part in a variety of competitions and fundamental drill work. This camp also features a skills competition to give campers an opportunity to find which skills they need to improve to make them a more complete player.

Camp Logistics

Half Day or Full Day

Ages/Grade – K-6th, 3rd-6th, 7th – 10th

Location – Outside Field or Inside Gym

Equipment & Gear

Tent, Tablecloth, Table, Yard Sign, Banner

Basketballs, Soccer balls, Footballs, Wiffle balls/bat, Dodgeballs, Flags, Floor Hockey Sticks,

Tennis Balls, Tennis Racquets, Kickballs

Running Club equipment – hurdles, ladder, etc.

Cones – stand Up, circle

Jerseys – At least two different colors

Score Board – electronic, flip style

Whiteboard

Whistles

Camp playbook hard copy binder

Water

Optional: Sport Giveaways – Gatorades, water bottles, pro-jerseys, towels, hats, etc.

- Example: Camp "MVP", "Hustle Award", "Sportsmanship Award"

Set Up Instructions

Camp Check In/Out Footprint & Signage:

- Tent over table w/tablecloth
- Yard sign stuck in ground beside table
- Table displayed with camp flyer, OTA marketing materials and camp binders
- Sign In & Sign Out Sheets
- Whiteboard communicating to parents any camp announcements, contact info, FAQ's or daily "highlights"

Field Footprint:

- Use cones to create 40yd x 60yd field(s)
 - Drop circle cones every 5 yds on sideline walking out 60yds
 - Make as many fields as you need based on enrollment
- Use indoor gym
 - Set up station areas

Coaches & Staff

- Staff onsite 30min prior to camp start to set up
- Make sure staff are in uniform – T-Shirt
- Make sure staff have whistles & a coach folder
- Coaches Folder – Hard Copy in Hand for Each Coach
 - See Example on Page 'X'
- Optional: tell coaches to wear sports jerseys or sports t-shirts

Camp Tips

Establish area for campers to drop bags, snacks, lunches, water bottles

Make sure there is a warm-up activity or 'beat the coaches' challenge set up when campers arrive

Have whiteboard showing a daily camp "highlight" or game of the day

Have music playing on field upon campers' arrival

Create Sports Trivia questions to ask all day with prizes

How to Run Camp

Before playing any kind of game huddle the entire camp up at mid field and divide them up.

Camp games, skills/drills and scrimmage play should always be grouped by ages.

Create leagues/divisions if you have a wide range of camper ages.

Ex. Camp has 50 kids. 25 are K-3rd graders and 25 are 4th-6th graders.

Make designated fields by age/grade

Every game, skill or drill outlined and referenced in the following comes directly from Overtime Athletics Curriculum. To locate all games, skills, drills, and instructions use our online resources.

www.otathletics.com > Instructor Login Portal > Curriculum Resources

Marked in RED are the games OTA knows works. You can plug & play any game that fits your camp needs, style or set up. There is a 'Fill In' to add your own games.