



OTA Lacrosse Camp

How to Get Started

Suggested Description

Come be a part of the FASTEST game on two feet! OTA Lacrosse Camps are designed to develop campers' skills – throwing, catching, cradling, shooting, stick handling, and defense – all while having fun and playing games! Camp Goals include situational play instruction, sportsmanship, and learning the game with new and old friends. While at camp, campers play a season worth of games, are taught fundamental skills, do daily station work, and compete in contests and competitions. OTA Lacrosse Camps focus is to make the game fun and exciting, providing a positive experience for each player!

Camp Logistics

Half Day or Full Day

5 Day Week, 3 Day Week

Ages/Grade – K-6th, 3rd-6th, 7th – 10th (*Full Contact or Non-Contact Lacrosse)

Location – Outside Field, Turf, Inside Facility

Equipment & Gear

Tent, Tablecloth, Table, Yard Sign, Banner

Lacrosse Balls

Lacrosse Sticks

Cones – Stand Up, Circle

Pop Up Goals

Pennies/Jerseys – At Least Two Different Colors

Score Board/Clock – Electronic, Flip Style

Whiteboard(s)

Whistles

Camp Playbook Hard Copy Binder

Water

Giveaways/Prizes/Awards

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:

- Place balls, sticks, goals on field
- Cone off fields if no lines painted. Ex. 30yd x 60yd, midline, crease around goal

Coaches & Staff

- Staff onsite 30min prior to camp start to set up
- Make sure staff are in uniform – T-Shirt
- Make sure staff have whistle, coach folder, name tag
- Coaches Folder – Hard Copy in Hand for Each Coach

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 music playing upon campers’ arrival

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

How to Run Camp

Before playing any kind of game huddle the entire camp up at midfield 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 a PRO and NCAA League or East and West Division

Put campers on teams with an assigned coach (7-10 kids per team w 1 coach)

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.