

Lacrosse Camp – KEY NOTES

Skills Station Work Section

To locate all games, skills, drills, and instructions use our online resources.

www.otathletics.com > Instructor Login Portal > Curriculum Resources > Lacrosse > Skills and Drills

- All skill stations are designed for one purpose only, teaching campers the fundamentals.
- OTA Coaches are leading and demonstrating the techniques, movements, footwork, etc.
- Divide campers into small groups with an OTA Coach on a designated area of field.
- Stations can be assigned by skill (ex. Station 1 is Throwing, 2 is Cradling, etc.) OR each camp group can practice all the skills with their assigned coach.
- Rotate skills every 20min.

Team Practice & Coaches Practice Plan Section

Team practice should be used to give smaller group fundamental coaching/instruction to campers.

Team practice time is for OTA Coaches to prepare campers for scrimmage play and tournament play.

Team Practice plans should start with the following:

- 1.) Positions and spacing of players (goalie, midfielder, Defender, etc.)
- 2.) Teach what field lines represent (Midfield, crease, etc.)
- 3.) Offensive Drills
 - a. Scooping
 - b. Cradling
 - c. Shooting
 - d. Passing
 - e. Throwing
 - f. Catching
- 4.) Defensive Drills
 - a. Stick checks
 - b. Ground ball checks

OTA Coaches are encouraged to add anything to the above in their practices that builds on basic football fundamentals.

Demonstrations / “Blowout Games & Segments” Section

These camp segments are a chance to showcase your camp to participants and parents. Use these segments to excite campers, teach campers and demonstrate to parents the value they are getting from this camp. Examples:

- Guest speakers – bring in a former or current player or coach to talk
- Anything labeled “Blowout” signals that game/activity should be high energy, lots of participation, and showcases the “fun” campers are having at camp. Use this at the end of a camp day while parents are showing up to watch/pick up.

Game Play & Rules Section

Camp scrimmage play can be as rule oriented as you want. Use whatever game play rules you want for your own camp. The below are basic scrimmage/game play rules every game should use at a minimum.

General Rules

- Decide based on the size of your playing field a safe scrimmage number: 6v6, 7v7, 8v8
- Players must wear pennies or different colors to identify teams
- No jewelry allowed
- No metal cleats
- There is no contact. *Unless running a lax camp with full pads & helmets

Game Play

- Four (8) min running clock quarters
- Goals are 1 point each
- Face Offs to start each quarter
- Penalties can be added for anything. Make penalties a “free start with possession” from the spot of foul.
- Substitutions should happen every 2min or “on the fly”. How to Substitute:
 - At the beginning of the game number your player
 - Player 1 always sits out first
 - Begin the game with the same number of players as the opposing team
 - Substitute players every 2-4 plays
 - Yell “2 Out – 1 In” after designated number of plays.

Game Scheduling & Tournament Play Section

Each camp will vary based on the number of teams you have. The idea of games and tournament play should be centered on creating evenly talented teams to allow for competitive games. You don’t want blow-out games or “loaded” teams at camp. Below are the basic rules of thumb for organizing games.

- For game schedules during the week, simply rotate matchups with those teams. Ex. Game 1: Princeton vs UNC, Game 2: Maryland vs Notre Dame, etc.
- Make sure teams are not sitting out for more than 1 game in a row.
- Playoffs should be done on the last day of camp. Several options:
 - Round robin style – every team plays each other once, best record wins
 - Bracket style – put teams into a win or go home bracket by seeds