



OTA Lacrosse Camp

Day 1 – Monday

8:45 – 9:10: Registration Check In

8:45-9:10: Throw Around and Coaches Challenge

- Target Practice (shots on goal w/targets)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:00: Warm Up Game

- Ground Ball Hogger
- Run and Rip
- _____ (Fill In)

10:00 – 10:10: Water Break

10:10 – 10:45: Skill Stations & Fundamentals

- Throwing & Catching
- Scooping Groundballs
- _____ (Fill In)

10:45 – 11:00: Water Break

11:00 – 11:30: Practice Games

- NCAA Scrimmage Games

11:30 – 11:55: Blow Out Game

- Cradle Eliminator
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams w Coaches

1:00 – 1:30: Team Practice

1:30 – 2:45: Practice Games

- NCAA Scrimmage Games

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Lacrosse Camp
Day 2 – Tuesday

8:45 – 9:10: Registration Check In

8:45-9:10: Throw Around and Coaches Challenge

- Ground Balls (How many can you scoop in 30 sec)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Warm Up Games

- Give and Go
- Pressure Box
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Skill Stations & Fundamentals

- Cradling & Fielding Ground Balls
- Shooting
- Throwing
- _____ (Fill In)

11:00 – 11:15: One on One

- Behind the Goal
- Up Top
- _____ (Fill In)

11:15 – 11:45: Practice Games

- NCAA Scrimmage Games
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- Clean Up Your Backyard
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / Make Teams w Assigned Coaches

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games – Schedule

- NCAA Games

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Lacrosse Camp
Day 3 – Wednesday

8:45 – 9:10: Registration Check In

8:45-9:10: Throw Around and Coaches Challenge

- Face Offs vs Coaches
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretching

9:30 – 10:30: Warm Up Games

- Bump & Bite
- Lax Flag
- Monkey in the Middle
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:00: Demonstration

- OTA Coach Talk – Shooting Mechanics & Shot Fakes

11:00 – 11:45: Team Games – Schedule

- NCAA Games
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- Numbers Game
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Blow Out Segment

- 3 on 2 Fast Breaks against Coaches
- _____ (Fill In)

1:30 – 2:45: Team Games – Schedule

- NCAA Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Lacrosse Camp
Day 4 – Thursday

8:45 – 9:10: Registration Check In

8:45-9:10: Throw Around and Coaches Challenge

- 500/Fliers Up (see baseball game)
- _____ (Fill In)

9:10 – 9:20: Welcome / Attendance Lines / AM Announcements

9:20 – 9:30: Stretchings

9:30 – 10:30: Team Games – Schedule

- NCAA Games
- _____ (Fill In)

10:30 – 10:40: Water Break

10:40 – 11:15: Skill Stations & Fundamentals

- Defense
- Passing/Throwing
- Dodging
- _____ (Fill In)

11:15 – 11:45: Team Games – Schedule

- NCAA Games
- _____ (Fill In)

11:45 – 11:55: Blow Out Game

- Lacrosse Baseball
- _____ (Fill In)

12:00 – 12:45: Lunch or Half Day Camp Dismissal

12:45 – 1:00: Attendance Lines / PM Announcements

1:00 – 1:30: Team Practice

1:30 – 2:45: Team Games – Schedule

- NCAA Games
- _____ (Fill In)

2:45 – 3:00: Wrap Up / Recap and Preview / Awards / Dismissal



OTA Lacrosse Camp
Day 5 – Friday

- 8:45 – 9:10: Registration Check In
- 8:45-9:10: Throw Around and Coaches Challenge
- Coaches vs Campers Cradle Eliminator
 - _____ (Fill In)
- 9:10 – 9:20: Welcome / Attendance Lines / AM Announcements
- 9:20 – 9:30: Stretching
- 9:30 – 10:30: Tournament Playoff Games
- NCAA First Round Matchups
 - _____ (Fill In)
- 10:30 – 10:40: Water Break
- 10:40 – 11:15: Contests (First Rounds)
- Hot Shot (see basketball game)
 - _____ (Fill In)
- 11:15 – 11:55: Tournament Playoff Games
- NCAA Second Round Games
 - _____ (Fill In)
- 12:00 – 12:45: Lunch or Half Day Camp Dismissal
- 12:45 – 1:00: Attendance Lines / PM Announcements
- 1:00 – 1:30: Contests (2nd Rounds & Finals)
- Hot Shot (see basketball game)
 - _____ (Fill In)
- 1:30 – 2:00: Blow Out Game
- Steal the Bacon w/lax ball and goals
 - Lax Flag
 - _____ (Fill In)
- 2:00 - 2:45 Tournament Playoff Games
- NCAA Championship & Consolation Games
 - _____ (Fill In)
- 2:45 – 3:00 Wrap Up / Recap and Preview / Awards / Dismissal