

Lacrosse Camp Daily Overview

Half-Day 9am-12pm Schedule



Camp Opening	Dynamic Warm Up/Camp Game	Skill of the Day Instruction	Skill of the Day Drills & Games	Snack Break	Camp Game	Skill of the Day Drills & Games	Scrimmage Activities	Camp Close
10 minutes	20 minutes	5 minutes	55 minutes	15 minutes	15 minutes	45 minutes	20 minutes	5 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 9:25am	9:25 - 10:20am	10:20 - 10:35am	10:35 - 10:50am	10:50 - 11:35 am	11:35 - 11:55am	11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Sports instruction must begin within first 20 minutes of camp. Introduce sport skill using Whole-Part-Whole. Use 3-4 simple coaching cues.	Plan 2 drills & 2-3 games with a water break in between each activity.			Plan 2 drills & 3 games. Okay to use activities that practice skills that have been taught early in the week.	See Tournament Day page for ideas. Start scrimmage 10-15 min earlier on final day.	Review Sport & Life Skills of the Day before dismissal.

Full-Day Extended 12-3pm Schedule*

*Refer to Half Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Skill Based Drills & Games	Camp Game	Skill Based Drills & Games	Scrimmage Activities	Camp Close
40 minutes	20 minutes	40 minutes	15 minutes	40 minutes	20 minutes	5 minutes
12 - 12:40pm	12:40 - 1:00pm	1:00 - 1:40pm	1:40 - 1:55pm	1:55 - 2:35pm	2:35 - 2:55pm	2:55 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.	See Tournament Day page for ideas. Okay to start scrimmage 10-15 min earlier on 3rd & 4th days.	Review Sport & Life Skills of the Day before dismissal.

Lacrosse Weekly Skill-of-the-Day

Main Skill-of-the-Day	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
	Cradling	Pick-Ups or Ground Balls	Passing & Catching	Shooting & Defending	Review Skills
	Cradling	Pick-Ups & Ground Balls	Passing	Catching	Shooting
					Defense
Skill Breakdown	1. Dominant hand near pocket - other hand waist height and loose 2. Move stick from waist to head level - like curling a dumbbell. For girls it should be in a "C" motion from mouth to ear with their pocket.	1. Dominant hand near pocket. 2. Stick parallel with ground 3. Step to ball and scoop through. Remind kids to get "both butts down"	1. Hands shoulder width apart and away from body 2. Butt end of stick pointing toward target - body turned sideways 3. Take step with front foot and follow through.	1. Dominant hand at top of stick (near pocket) 2. Face target 3. Soft hands and watch ball into pocket. Pretend catching uncooked egg.	1. Hands shoulder width apart and away from body 2. Butt end of stick pointing toward target - body turned sideways 3. Take step with front foot and follow through. 4. Throw the ball with more power than passing. The motion is similar to chopping wood with an axe. 2. Shuffle feet - short steps; stay between player and goal 1. Athletic stance

Lacrosse Skill Drills & Games

Cradling Drills	Passing & Catching Drills
1. Cradling Progression - start stationary, progress to standing, jogging and then to running. 2. Obstacles - Make a line with about 10 players standing about four yards apart. The rest of the players line up with all the balls. One by one, each player weaves in between the other players, back and forth, cradling from one side to the other. If the player is dodging a person to the left, he or she cradles to the right and vice versa. 3. Circle Cradling - Players, each with a ball if possible, form a circle. At the coach's command, the first player cradles the ball and runs around the circle of teammates in either a clockwise or counterclockwise direction. When the first player returns to the original position, the second player begins. Continue the drill until each player has performed it. 4. Circle Dodging - Players, each with a ball if possible, form a circle. At the coach's command, the first player cradles the ball and begins running in either a clockwise or counterclockwise direction, weaving through the other players in the circle. When the first player returns to the original position, the second player begins. Continue the drill until each player has performed it.	1. Line Drill - Two lines face each other, the player at the head of one line has the ball. The first two players in each line run towards each other and the player with the ball passes to the other. When the ball is received, the next player in the first line comes out and the ball is passed again. After each player's turn is finished, they run to the end of the line to which they threw. 2. Squares - There are four lines (A, B, C and D), each at a point on a square. Player A starts with the ball and runs toward B player. Player B runs toward line C (perpendicularly to player A's movement) an receives the ball from A player. Player B continues with the ball as player C moves toward D line. Player B passes to player C, who advances toward line D. The ball continues to be passed around the square. 3. Passing Under Pressure - Players split into groups of three and spread out around the field. Each group is provided with two balls. The two players with the balls in each group are designated as "pressers" while the remaining player is designated as "pressured." Players should stand five to 10 yards apart. At the coach's command, the first presser passes the ball to the pressured, who catches and returns it. As soon as the pressured returns the ball to the first presser, the second presser passes the ball to the pressured, who catches and returns it. Continue the drill until the coach instructs the players in each group to switch roles. 4. Star Passing - Players split into groups of five and spread out around the field. Each group forms the shape of a five-point star and is provided with one ball. At the coach's command, the player with the ball passes to the player two places to the right (or left). Continue the drill for a set amount of time or number of passes. 5. Wall Passes - Find a solid wall (i.e. brick) that does not have windows near it. Stand about 10 feet from the wall and pick a small target area to hit with your pass. Pick a spot on the wall where, when you throw the ball at it, the ball comes back to you at head level. Try five consecutive passes and catches with your strong hand. After successfully completing five passes and catches, switch hands and executes five passes with your weak hand. 6. Rolling Donut - Kids stand in a line on field. Coach rolls hula hoop and kids attempt to pass ball through hoop as it passes.
Cradling Games	Passing & Catching Games
1. Headhunter - Mark off a grid and select a headhunter. Players must cradle behind the headhunter in follow the leader like fashion and imitate the headhunter's moves. When the Headhunter yells "BANG" the players in line disperse and try to hustle to one of the lines on the grid and get into a "ready position" without being tagged. If tagged the player becomes the headhunter and the previous headhunter is free and gets to be at the back of the line. All players, including the headhunter must cradle. 2. Space Warp - Players line up on one line with their balls (rocket ships). Two players are "Aliens" in the middle without balls. When Aliens say the magic word (i.e. Lacrosse – more fun than just saying GO!) the Players try to Cradle and Dodge to the other side of the galaxy while Shielding their Rocket Ships (balls) from the attacking Aliens. If an Alien successfully steals the ball (rocket ship) then that player becomes an Alien and the Alien is free from the middle. 3. Mega-Mania - Players Cradle and Dodge around with in a grid while one person is selected as the Megabot. The Megabot will try to tag the players in the fighter squadron and if tagged a pilot must freeze, put his ball above his head, spread his feet apart and shout "Meg-Me, Meg-Me!" If one of the other fighter pilots can successfully toss his ball beneath the frozen player then he is "Megged" and is free to move about and attempt to rescue others while avoiding the evil Megabot. 4. Old Man's Backyard - Players line up on one line with their balls and a designated area is marked as the Old Man's Backyard. Two Bulldogs are selected in and are stationed in the middle of the yard. An area is marked out as the cellar where bulldogs place the balls stolen from the players. Players try to cradle and dodge across the yard without encountering the Bulldogs. If the Bulldogs steal or knock loose a ball then it goes to the cellar and the player who lost ball goes to a line on the side. Players can be freed from the line on the side if another player can successfully swipe a ball from the cellar and cradle both to safety. The person at the front of the line gets in regardless of whose ball was rescued. 5. Jewel Hunters - Players line up on one line with balls (Jewels) and two Jewel hunters are selected for the middle. Players try to get across the grid without losing their jewels (balls) to the Jewel Hunters. If the Jewel is capture the player goes to the side and the Jewel goes in the safe. If one player can make it across safely 5 times in a row (or any number the coach decides) then there is a break out and all the players get to be free and the jewels are returned. Two new Jewel Hunters are selected and Repeat. 6. Cradling Relays - Create multiple teams to run relay races. Get creative with each round. 7. Sharks & Minnows - Minnows line up on the sideline or behind the goal with a ball. Shark stands in center circle w/o a ball. Minnows cradle ball as they run across the field (ocean) and avoid getting tagged by the shark. If tagged, minnows place ball to side and become a shark. Play until final minnow is tagged. 8. Farmers and Foxes - One child is the farmer and the rest are foxes. Each fox needs a ball, stick and flag for pinnie. Each "fox" must wear flags or pinnies on their waist. Foxes run around cradling their ball and dodging the "farmer". The farmer runs without a stick and tries to pull the flag or pinnie from the foxes. A fox is out if they drop the ball or lose their flag/pinnie. Last person standing wins and becomes the next farmer.	1. Ultimate LX - Divide group into two teams. The object of the game is to make touchdowns by passing the ball into the end zones. Cones at each end of the court will designate the end zones. The ball can only be passed there is no running with the ball in the direction of the end zone. Incomplete passes or interceptions result in a change of possession. Play for a designated period of time or a set score. 2. DvP - It is simply 6 dodgers vs. 4 passers or visa versa. The # of balls = the number of dodgers. The object is for the passers to steal the balls from the dodgers, then they try and pass the ball around while the dodgers try and steal the ball back. Passers must only pass, and dodgers may only dodge and cradle. You can also reverse rolls at any point in time. 3. Capture the Lion - One player (or the coach) is the "Lion" and all other players are passers trying to tag the "Lion". Players may not run with the ball. Players try to tag the "Lion" by passing to the players closest to the "Lion". 4. LX Baseball - Similar to regular baseball. Players bat by "passing" the ball anywhere in the field. Balls caught in the air result in an out. Once fielding team completes 3 passes, the runner spots at the nearest base. 5. Keep Away - Create 2 even teams. Each team attempts to keep ball away from other team for as long as possible. Every 5 consecutive passes scores the team one point. 6. Freeze Fish - Each kid places a pinnie in back of shirt (fish fin). Kids pass the ball to each other. Coach tries to pull fish fin of player with the ball. If the fin is pulled, coach tosses the fin and the player is frozen until a friend picks up their fin and hands it back to them. 7. Alien in the Middle - Kids stand on the line of the center circle. One player in the middle is the "alien". Kids pass ball across the circle keeping it away from the alien. If the alien steals the ball or a bad pass is made, player at fault switches role with the alien.
Pick-Up or Ground Ball Drills	Shooting Drills
1. Bowling - There are two lines at the 50 yard-line and one person between them with all of the balls. The middle person rolls a ball out ahead of both players and the first players in both lines sprint for the ball, bending deep to scoop it. Whoever comes up with the ball goes for the goal, while the other plays defense. This drill can also be done with the balls rolling toward the two players. The center person can either roll the ball straight through the middle, or to either side to compensate for the difference in speed between the two players. 2. Line Drill - There are two lines facing each other. The player starting with the ball runs out toward the other line and rolls the ball to the advancing player. That player picks it up and does the same for the next person in the first line. This drill can also be used to roll the ball away: as the player with the ball reaches the other line, she shoels it behind her, away from the first person in the line she just reached. 3. 1v1 to the Goal - Form two lines about 30 yards out from the goal with the players at the front of the line on their stomachs. A coach stands between the lines. The coach rolls a ball in front of the two lines, the players spring up, and the race is on to gain possession of the ball. The player who gains possession first becomes the attacker, and the other player becomes the defender. Play until someone scores or the coach blows the whistle. 4. Ground Ball Scramble - Players split into two lines. The coach rolls a ball in front of the first players in the lines. The players compete for possession of the ball until one gains clear control and the coach signals for play to stop. Players return to the end of their respective lines, and the drill continues.	1. Rapid Fire - About 15-20 balls are lined up on the top of the arc. A player begins at one end of the line of balls (depending on whether they are right- or left-handed), and when the whistle is blown, the shooter quickly scoops the ball and shoots at goal. The shooter goes around the top of the arc, shooting each ball one by one. 2. Shooting Off Rebound - Start with a line of shooters about 15 yards out from the net and a goaltender with a bucket of balls. The goaltender will begin the drill by rolling a ball out to the shooter. The shooter will approach the loose ball, scoop the ball and fire it on net. After the shooter shoots, the next player in line repeats the drill. Continue in this fashion until every player has shot five times. 3. Target Shooting - Divide the goal into six areas: the four Corners and two marks in the middle on the sides. Form two lines at the top of the eight-meter arc. Alternating shooting lines, have each player step out and call the area they are shooting for. After the player has shot, he or she steps to the side while the rest of the shooters shoot. At the end of the drill add up how many correct areas were called. The team with the most points wins. Repeat this drill from various areas on the arc. 4. Breakaway Drill - All players line up at the center face-off circle. On the coach's first whistle, the first player in line runs in on the goal. On the second whistle, the second player in line attempts to catch the first player on the breakaway. The goaltender comes out and challenges the shooter. Repeat the process for 10 minutes, making sure the players switch roles each time they return to the line. 5. 10 on the Line - line up on line 10 feet from goal. Start with 10 points. Continuously take turns shooting. Lose a point with each miss. 6. Spot Shots - Scatter different colored spots within shooting range. Coach calls out a kid's name & color. Player runs to spot and shoots.
Pick-Up or Ground Ball Games	Shooting Games
1. Relays - There are four people in each line (make as many lines as you need). Four balls, each about 20 yards apart, are placed in front of both lines all the way up to the opposite end line. When the whistle is blown, the first person in line sprints for the ball picks it up and brings it back to her line. As soon as she has crossed the line, the next player sprints for the next ball, scoops it up and brings it back to her line. This continues until the last ball has been brought back. The one who reaches the line first wins. 2. Steal the Bacon - A ball is placed at midfield and the players are divided into two teams. Each team spreads out along opposing lines about 25 yards away from the ball (or around the circle). Each player has a number and the numbers one team coincides with those on the other. The coach calls a number and the two players who have those numbers sprint for the ball in the center. The player who picks up the ball must then cradle and cross her own line when a point is scored. Variations Call two numbers to have four players fighting for the ball. Make the players pass once before they can attempt to score. 3. Ground Ball Relay - Split the team into two or three squads. Split the squads in half and put each half at opposite ends of the field. Each squad must have a ball. At the whistle, the second player in each squad rolls the ball toward the opposite end of the field. The first player in line for each squad chases the ground ball and picks it up with his left hand, then rolls it in front of himself (within three steps), then picks it up with his right hand. The player continues the drill, alternating until reaching the other half of the squad at the other end of the field. When the player reaches the opposite end of the field, he or she throws the ball to the second player in line. Continue until all players have done the ground ball drill. The first squad to finish wins. 4. Clean up the Yard - Balls scattered across field. Kids must scoop, cradle and then shoot ball into goal. The team with the most goals at the end of the time limit wins. 5. Hungry Games - Similar to musical chairs. If you have 8 players, scatter 7 balls out on field. Players lay on their back. On the whistle, players jump up and pick up a ground ball as quickly as possible. The player that does not get a ball is eliminated. Each round a ball is removed until one player is left. Kids that are eliminated can work on cradling on side. 6. Hungry Hungry Hippos - Use 4 cones to make a large square and place a team at each cone and all the balls in the middle of the square. One at a time, players run out and pick up a ground ball then cradle back to their cone. When all the balls have been picked up, the team with the most balls wins.	1. Pot of Gold - Line up 5 cones, 3 yards apart from the goal towards the attack line. Players shoot from first cone and get one point for making it. If they make it they may move to the second cone. Second cone is worth two points and Third is worth three and so on. If a player misses they go back one cone. If player makes it from the last cone they get the "Pot of Gold" for ten points. 2. Around the World - Player(s) will shoot from a set number of places on the field. If a shot is made, they may advance to the next spot. If the shot is missed, the player must go back 1 space. On the first shot a player may not advance until he/she has made the shot. The first player to complete the circuit is the winner. 3. Survivor - Players line up around the arc to take turns shooting free shots from designated spot. When a player shoots and makes a shot there is one point on the board. If the player shoots and misses there are no points on the board. As soon as a player or players makes a shot any player immediately following will be subject to those points if he should miss the shot. Once a player misses, they get the points on the board. The shoot goes back to zero. The object is not to get points. Any player who reaches 5 points is out of the game. 4. Poison - Players take shots on goal until the Poison number is made. If the poison number is "7" then the one who make the seventh shot must yell "Poison" to freeze the players who scatter. When frozen players must spread feet open and remain still. This person may roll the ball through the feet of the frozen players. If the ball rolls through their feet then they are poisoned. If they get hit twice they are out or must go make seven shots at a side goal to get back in the game (or something like that to avoid making this an elimination game). The coach picks the "Poison" number each time and the players must count out the goals made. 5. Competition Shooting - Players are divided into two teams each player shoots a long shot and a short follow up shot. The long shot, if made counts for 2 points, the short shot counts for 1 point. The follow up shot must be made from the spot where the ball is recovered. The first team to score twenty-one is the winner. This game can be played from many different spots all over the court, use variety. 6. Make It, Take It - Scatter spots within shooting range. Kids run to spot and attempt shot. If successful, they keep the spot. If they miss, they retrieve and shoot again from any open spot. Player/team with most spots wins. 7. Drag Races - Create 2 teams. Assign #’s to players on each team. When a # is called, corresponding players each grab a ball from center of field. Both kids race to make a goal. First to score a goal scores a point for their team. 8. Dizzy Lizzy - Create multiple teams for a relay race. One player on each team runs to half field, spins in place 7x, and then runs back to the goal to make a goal. Once the shot is made, the next player in line goes. First team to have every player score is the winner. 9. Home Run Derby - Offensive team cradles a ball while running around "bases". The team on defense is shooting on goal. Every player on defense must make goal to get an "out". Offense scores one point when entire team runs around bases. 10. Hot Shots - Set up a court with spots with different degrees of difficulty and points based on difficulty of the shot. See how many points you can score in 1 minute. Bonus points (5) if player shoots from every spot on the court.

Lacrosse Tournament Day Overview



Skyhawks Sports Academy - Private and Confidential

Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Favorite Skill Based Games	Snack Break	Camp Game	Skills Challenge	Scrimmage Activities	Award Ceremony
10 minutes	20 minutes	50 minutes	15 minutes	15 minutes	20 minutes	50 minutes	10 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 10:10am	10:10 - 10:25am	10:25 - 10:40am	10:40 - 11:00am	11:00 - 11:50am	11:50am - 12:00pm
	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday.		Campers' Choice	See Skills Challenge suggestions below.	See Scrimmage Recommendations below for ideas.	Make it fun for kids!

Full-Day Extended 12-3pm Schedule*

**Refer to Half-Day Schedule above for 9am-12pm schedule*

Lunch	Camp Game	Favorite Skill Based Games	Camp Game	Scrimmage Activities	Camp Close
40 minutes	20 minutes	50 minutes	15 minutes	45 minutes	10 minutes
12:00 - 12:40pm	12:40 - 1:00pm	1:00 - 1:50pm	1:50 - 2:05pm	2:05 - 2:50pm	2:50 - 3:00pm
Refer to "rainy day" activities if campers finish eating early.	Campers' Choice	Play 4-5 of the camper's favorite games throughout the week. Ask for suggestions on Thursday.	Campers' Choice. Parents may be present, so choose a game that can incorporate a sport skill.	See Scrimmage Recommendations below for ideas. Option to remove previous Camp Game and extend scrimmage to 60 minutes.	Make it fun for the kids!

Lacrosse Tournament Day Ideas

Skills Challenge	Three stations that rotate every 7 minutes. Examples are cradling race, shooting contest, and passing relay.
Skill Based Games	Three stations that rotate every 10-15 minutes. Pick the favorite games for cradling, shooting, and passing. Remember to reinforce 3-4 basic parts of skill.

Scrimmage Recommendations

**Any time you are doing scrimmage activities, have the kids wear pinnies.*

Scrimmage Games

Numbers - Divide the class in half and give them each a number and a colored bib (i.e. one, two, three, four, five purple and one, two, three, four, five orange) Line them up on either side of the goal. When you call their number, they are to run into the center of the designated area while you distribute a ball. The purple team number one goes against the orange team number one one-on-one, trying to score. Repeat several times so the kids get many turns. Advance to calling more than one number. (i.e. three's and five's); then they play two v two, three v three and so on. This is a great lead-in to scrimmaging. Call all the numbers and let them scrimmage.

World Cup - Players are divided up into multiple teams of two. One player (or a coach) will be the goalkeeper not on a team. Have each team pick a country that they will represent. Using half of the field and one ball, have all the teams on the field when the game begins. The coach throws the ball into the middle of the playing area. At this point, play. The object is for you or your teammate to score on the goalkeeper. If the goalkeeper saves the ball, just throw it back into the middle of the playing area. Once a team scores, they leave the game and get ready for the next round. Continue playing with all the other teams. The lone team that doesn't score in that round is eliminated. All the other teams that did score head back onto the field for the second round. Play as many rounds as it takes to eliminate all but two teams. Those two teams then face off in the "World Cup Final" and the team that scores first is the champion.

- Monday:** Play Numbers Game (1 vs. 1 on separate goal and not calling many fouls. Introduce basic rules, boundaries, and scoring.)
 - Tuesday:** Play Numbers Game (1 vs. 1 on the same goal, one ball and this time calling obvious fouls. If group is skilled, introduce 2 vs. 2. The last 10 minutes introduce 3 vs. 3)
 - Wednesday:** Introduce violations. First 20 minutes, start playing 3 vs. 3 with balanced teams. Last 10 minutes, play 5 vs. 5. Ensure that everyone is getting equal touches.
 - Thursday:** Playing 5 vs. 5. Coach acts as official and is calling obvious violations. Coach also makes sure that teams are evenly matched.
 - Friday:** Create a tournament bracket and play out the Skyhawks Championship!
- REMINDER:** Parents want to see their child participate and having fun. Make sure to include everyone during scrimmage.

Ages	Field	Goalie	Scrimmage Notes
7-12 years	40 yards long x 20 yards wide for older kids. Can shorten fields for younger ages (8 and under).	No Goalie	Important to have teams equal in age and ability. Majority of camps are co-ed, so make sure there are equal boys and girls. Depending on total number of kids at camp, you can start with 4 vs. 4 and work your way up to 6 vs. 6. If players have to sit, make sure you are rotating every few minutes. Coaches are encouraged to assist in scrimmage, so every kid gets an opportunity with the ball.