

2015 Onondaga Community College Lacrosse Camp

Day 1 – 7/13

- 8:30 am – 9:00 am - Check in
- 9:00 – 9:20 - Camp instructor introductions
- 9:20 am - 9:35 am –Stretch
- 9:35 am – 11:30 am – Individual Skill Stations
 1. Shooting Circuit (10min)
 2. 1 v 1 Dodging from the midfield (10min)
 3. 1 v 1 Defense from the midfield (10min)
 - a. Water (5min)
 4. 1v1 Dodging from the attack (10min)
 5. 1v1 Defense from attack (10min)
 6. Ground balls (10min)
 - a. Water (5 min)
 7. Stick work (10min)
 8. Face-off/ wing play (10min)
 9. Goalie instruction (20 min) – each goalie will get 20 min of individual instruction during morning sessions.
 - a. Water (5 min)
- 11:30am – 12: 15 pm – Lunch
- 12:15 pm – 1:15 pm – Skills Demonstration/ Guest speaker
- 1:30 – 3:30 - Games
 - a. Teams will play 4 games an afternoon – games will consist of 25 min running

Day 2 – 7/14

- 8:30 am – 9:00 am – Check in
- 9:00 am – 9:20 am – Stretch
- 9:20 am – 11:30 am – Individual Skill Stations
 1. Shooting Circuit (10min)
 2. 2 v 2 Dodging from the midfield (10min)
 3. 2 v 2 Defense from the midfield (10min)
 - a. Water (5min)
 4. 2 v 2 Dodging from the attack (10min)
 5. 2 v 2 Defense from attack (10min)
 6. Ground balls (10min)
 - a. Water (5 min)
 7. Stick work (10min)
 8. Face-off/ wing play (10min)
 9. Goalie instruction (20 min) – each goalie will get 20 min of individual instruction during morning sessions.
 - a. Water (5 min)
- 11:30am – 12: 15 pm – Lunch
- 12:15 pm – 1:15 pm – Skills Demonstration/ Guest speaker
- 1:30 pm – 1:50 pm – Team Practice
- 2:00 – 3:30 – Games
 - a. Teams will play 4 games an afternoon – games will consist of 25 min running

Day 3 – 7/15

- 8:30 am – 9:00 am– Check in
- 9:00 am – 9:20 am– Stretch
- 9:20 am – 11:30 am – Individual Skill Stations
 1. Shooting Circuit (10min)
 2. 3 v 3 Dodging from the midfield (10min)
 3. 3 v 3 Defense from the midfield (10min)
 - a. Water (5min)
 4. 3 v 3 Dodging from the attack (10min)
 5. 3 v 3 Defense from attack (10min)
 6. Ground balls (10min)
 - a. Water (5 min)
 7. Stick work (10min)
 8. Face-off/ wing play (10min)
 9. Goalie instruction (20 min) – each goalie will get 20 min of individual instruction during morning sessions.
 - b. Water (5 min)
- 11:30am – 12: 15 pm– Lunch
- 12:15 pm – 1:15 pm – Skills Demonstration/ Guest speaker
- 1:30 pm – 1:50 pm – Team Practice
- 2:00 – 3:30 - Games
 - a. Teams will play 4 games an afternoon – games will consist of 25 min running

Day 4 – 7/16

- 8:30 am – 9:00 am – Check in
- 9:00 am – 9:20 am – Stretch
- 9:20 am – 10:30 am – Individual Skill Stations
 1. Shooting Circuit (10min)
 2. Dodging from the midfield (10min)
 3. Defense from the midfield (10min)
 - a. Water (5min)
 4. Dodging from the attack (10min)
 5. Defense from attack (10min)
 6. Stick work (10min)
 7. Goalie instruction (20 min) – each goalie will get 20 min of individual instruction during morning sessions.
 8. Games – 10:30 -11:30pm
 - c. Water (5 min)
- 11:30am – 12: 15 pm – Lunch
- 12:15 pm – 1:15 pm – Skills Demonstration/ Guest speaker
- 1:30 pm – 1:50 pm – Team Practice
- 2:00 – 3:30 - Games
 - a. Teams will play 4 games an afternoon – games will consist of 25 min running

Day 5 – 7/17

- 8:30 am – 9:00 am – Check in
- 9:00 am – 9:20 am – Stretch
- 9:20 am – 11:30 am – Skill Competition
 1. Longest throw
 2. Face-off
 3. Hardest shot
 4. Accuracy
 5. Skills Course
- 11:30am – 12: 15 pm – Lunch
- 12:15 pm – 1:15 pm – Skills Demonstration/ Guest speaker
- 1:30 – 3:30 - Championship Games
 - a. Teams will play 4 games an afternoon – games will consist of 25 min running