



PENN STATE BOYS LACROSSE INSTRUCTIONAL DAY CAMP TENTATIVE SCHEDULE

Equipment:

- Lacrosse Stick(s)
- Cleats and Sneakers
- **Mouth guard required**
- Helmets
- Shoulders and Arm Pads
- Goalies should bring pads (chest protectors & throat guards)
- Rain gear recommended, depending on weather
- Personal water bottle
- No personal equipment will be shared during camp

Monday, July 22, 2024

4:30 p.m. – 5:00 p.m.	Check-In, Panzer Stadium
5:00 p.m. – 5:20 p.m.	Camp Introduction & Warm-up
5:20 p.m. – 5:45 p.m.	Stick Skills
5:45 p.m. – 6:25 p.m.	Position Skills
6:25 p.m. – 6:50 p.m.	Unsettled Drills (2v1/3v2/4v3/5v4)
6:50 p.m. – 7:20 p.m.	Small Sided Drills
7:20 p.m. – 7:50 p.m.	Games
7:50 p.m. – 8:00 p.m.	Closing Remarks
8:00 p.m.	Depart, Panzer Stadium

Tuesday, July 23, 2024

8:45 a.m. – 9:00 a.m.	Arrive at Panzer Stadium
9:00 a.m. – 9:15 a.m.	Stretch & Warm-up
9:15 a.m. – 9:45 a.m.	Stick Skills
9:45 a.m. – 10:45 a.m.	Station work
10:45 a.m. – 11:15 a.m.	Small Sided Games
11:15 a.m. – 11:45 a.m.	Scrimmage
11:45 a.m. – 12:00 p.m.	Closing Remarks
12:00 p.m.	Camp Ends, Depart, Panzer Stadium