

# SOCCER CAMP DAILY SCHEDULES

## ROOKIE RAPTORS (Half Day)

|               |                              |
|---------------|------------------------------|
| 9:00          | Arrive at camp               |
| 9:00 - 9:20   | Stretch & warm-up            |
| 9:20 - 9:50   | Individual skill session     |
| 9:50 - 10:00  | Break                        |
| 10:00 - 10:30 | Small group exercises        |
| 10:30 - 11:00 | Supervised free time         |
| 11:00 - 11:30 | Break with juice and snack   |
| 11:30 - 12:00 | Individual & group tactics   |
| 12:00 - 12:10 | Break                        |
| 12:10 - 12:40 | Skill games and competitions |
| 12:40 - 1:00  | Games                        |
| 1:00          | Pick - up                    |

## RAPTOR SOCCER CAMP (Full Day)

|               |                              |
|---------------|------------------------------|
| 9:00          | Arrive at camp               |
| 9:00 - 9:30   | Stretch & warm-up            |
| 9:30 - 10:00  | Individual skill session     |
| 10:00 - 10:15 | Break                        |
| 10:15 - 11:00 | Small group exercises        |
| 11:00 - 11:45 | Supervised free time         |
| 11:45 - 12:00 | Change & walk to lunch       |
| 12:00 - 12:45 | Lunch                        |
| 12:45 - 1:30  | Movie                        |
| 1:30 - 2:30   | Individual & group tactics   |
| 2:30 - 2:45   | Break                        |
| 2:45 - 3:15   | Skill games and competitions |
| 3:15 - 4:00   | Games                        |
| 4:00          | Pick - up                    |

\* Please note that times are approximate and may possibly change from day to day. This does not include morning arrival at camp or afternoon pick - up, which will always remain as listed above.