

Player ID Itinerary

Day 1:

Session 1 - Passing and Dribbling: 3:30 - 5:00 PM

- Introductions: Seniors and 7th Graders - 15 Minutes
- 6 Cone Passing - 20 Minutes
- Triangle Passing - 20 Minutes
- Handball - 35 Minutes

Session 2 - Small Sided Games: 6:30 - 8:00 PM

- Juniors and 8th graders talk - 10 Minutes

Day 2:

Session 1 - Crossing and Finishing: 3:30 - 5:00 PM

- Long ball drill - 20 Minutes
- Crossing drill - 20 Minutes
- Shooting drill - 30 Minutes
- 50 in 15 - 20 Minutes

Session 2 - Small and Full Field Games: 6:30 - 8:00 PM

- Sophomores and Freshman talk - 10 Minutes

Day 3:

Session 1 - Athletic: 3:30 - 5:00 PM

- Endurance Run - 30 Minutes
- Box Runs - 20 Minutes
- Circuit Training - 20 Minutes
- Hills - 20 Minutes

Session 2 - Full Field Games: 6:30 - 8:00 PM

- Coaches talk - 15 Minutes