

HI-Performance Soccer Academy Summer Residential Camp  
Dates: July 18-July 21, 2010 - Virginia Episcopal School, Lynchburg, Virginia

**Schedule:**

***Sunday July 18th:***

12:00pm-12:45pm Check in at School Dining Hall/Players Check into Rooms  
1:00pm-1:30pm – Orientation and staff introduction for players and parents in Dining Hall  
1:30pm-2:30pm – Players free time  
2:30pm-4:45pm – Technical Training/Small Sided Games  
5:15pm-6:00pm – DINNER  
6:45pm-8:30pm – Tactical Topics/Group play – College Coach  
8:45pm-9:30pm – Swimming  
9:30pm-10:30pm – Free Time  
10:30pm – Lights out

***Monday July 19th and Tuesday July 20th:***

7:00am – Wake Up Call  
7:30am-8:15am – BREAKFAST  
8:30am – Commuters Arrive  
8:30am-9:00am – Soccer Tennis Warm Up  
9:00am-11:00am – Technical Training/GK Training  
11:00am-12:00pm – Free Time  
12:00pm-12:45pm - LUNCH  
12:45pm-1:45pm – College Discussion (U15-U18 players)  
12:45pm-1:45pm – Indoor Play (U15 and below)  
2:30pm-4:30pm – Functional Training/Possession/Position Specific Training  
(strikers/defenders/GKs/play makers)  
5:00pm-5:45pm – DINNER  
5:45pm-6:45pm – Free Time  
6:45pm-8:15pm – 8v8, 11v11 Games  
8:30pm – Commuters Leave  
8:30pm-9:30pm – Swimming  
9:30pm-11:00pm – Free Time (competitive tournaments – ping pong, pool, FIFA) –  
Movies/World Cup games  
11:00pm – Lights out

***Wednesday July 21st***

7:00am – Wake Up Call  
7:30am-8:15am – BREAKFAST  
8:30am – Commuters Arrive  
8:45am-11:00am – 8v8 tournament (mixed teams)  
11:15am – Commuters Leave  
11:15am-12:00pm – Room Check  
12:30pm – Camp Close