

HP SOCCER

Residential Camp at Virginia Episcopal School, Lynchburg, VA, July 21-24, 2010

Schedule:

Wednesday July 21st:

3:30pm-4:15pm Check in at School Dining Hall/Players Check into Rooms

4:15pm-4:45pm – Orientation and staff introduction for players and parents in Dining Hall

5:15pm-6:00pm – DINNER

6:45pm-8:30pm – Technical Training/Small Sided Games

8:45pm-9:30pm – Swimming

9:30pm-10:30pm – Free Time

10:30pm – Lights out

Thursday July 22nd and Friday July 23rd:

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

1:30pm-2:30pm – Indoor Play

2:30pm-4:15pm – 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

11:00pm – Lights out

Saturday July 24th:

7:00am – Wake Up Call

7:30am-8:15am – BREAKFAST

8:30am – Commuters Arrive

8:45am-10:45am – Tactical Topics/Group play

11:15am-12:00pm – LUNCH

12:30pm-2:30pm - 8v8 tournament (mixed teams)

2:45pm – Commuters Leave

3:00pm-3:45pm – Room Check

4:00pm – Camp Close