

# Schedule of our days:

Morning 9 AM to 12 PM

Afternoon 1PM to 4PM

## **Morning:**

9am to 915-920: Soccer related dynamic Warm-up & Warm up game

9:25 – 10:30: Daily topic Introduced W/ progressions and variety based on players

1030-11: Speed Agility Quickness games

11- 11:15: Small snack break and group chat w/quick Washroom access

11:15 -1145: SCRIMMAGE

1145 to 12: Skill challenge before and during pickup

## **Afternoon:**

1pm to 115-120: Soccer related dynamic Warm-up & Warm up game

1:25 – 2:30: Daily topic Introduced W/ progression

2:30 – 3:00: Speed Agility Quickness games

3- 3:15: Small snack break and group chat w/quick Washroom access

3:15 -3:45 SCRIMMAGE

3:45 to 4Skill challenge before and during pickup



Registration and signup July:

<https://www.signupgenius.com/go/10C054EACAD28A0FBCF8-56940522-july>

Registration and signup August

<https://www.signupgenius.com/go/10C054EACAD28A0FBCF8-57244114-august>