



Athletic Edge

Sunday

1:00 - 2:00 Arrival, Registration, Room Check-in
2:15 - 3:00 All Camp Meeting
3:00 - 4:30 Field Session
4:30 - 5:00 Rest/Showers
5:00 - 6:00 Dinner
6:00 - 7:30 Field Session
8:00 - 9:00 Individual Skills Competition
9:00 Players in Rooms/Optional Pizza
10:00 Room Check/Lights Out

Monday

7:30 Wake Up Call
8:00 - 9:00 Breakfast
9:30 - 11:15 Training: Individual Attacking
11:30 - 12:45 Lunch
12:45 - 1:30 Rest Period/Room Check
1:45 - 3:30 Training: Individual Defending
3:30 - 4:00 Meeting: Importance of Hydration
4:00 - 5:00 Rest/Showers
5:00 - 6:30 Dinner
6:45 - 8:30 Small Sided World Cup Tournament
9:00 Players in Rooms/Optional Pizza
10:00 Room Check/Lights Out

Tuesday

7:30 Wake Up Call
8:00 - 9:00 Breakfast
9:30 - 11:15 Training: Finishing
11:30 - 12:45 Lunch
12:45 - 1:30 Rest Period/Room Check
1:45 - 3:30 Training: Small Group Possession
3:30 - 4:30 Rest/Showers
4:30 - 5:00 Motivational Speaker - Leadership
5:00 - 6:30 Dinner
6:45 - 8:30 Non-Soccer Group Activity
9:00 Players in Rooms/Optional Pizza
10:00 Room Check/Lights Out

Wednesday

7:30 Wake Up Call
8:00 - 9:00 Breakfast
9:30 - 11:15 Training: 4v4 Games
11:30 - 12:45 Lunch
12:45 - 1:30 Rest Period/Room Check
1:45 - 3:30 Training: Speed, Agility, Quickness
3:30 - 4:30 Rest/Showers
4:30 - 5:00 College Soccer Information
5:00 - 6:30 Dinner
6:45 - 8:30 Non-Soccer Group Activity
9:00 Players in Rooms/Optional Pizza
10:00 Room Check/Lights Out

Thursday

7:30 Wake Up Call
8:00 - 8:30 Breakfast
8:45 - 9:15 Room Cleanup/Checkout
9:30 - 11:15 World Cup Tournament
11:30-12:00 All-Camp Awards and Closing Ceremony
12:00 All Camp Dismissal