



EXACT Soccer 2-Day Camp Itinerary

<u>Day 1</u>		
Time	Activity	Location
7:00 AM	EXACT Staff Arrival/Setup	Classroom
7:30	Coach Arrival/Staff Meeting	(At Location of Registration)
8:00-8:45**	Registration	Classroom or field
8:45-8:55**	Camp Introduction	At location of registration
9:15-10:00**	Parent Meeting:	Classroom
8:55-9:10	Coaches meet small groups	Field
9:20-11:00	Session 1A – Attacking Concepts **GKs Individual Training for 1st Hr, train with group 2nd Hr	Field
11:00-11:15	Complete Practice Log in small groups	Field
11:30-12:30	Mental Lifting: Understanding Your EXACT Results	Classroom
12:30-1:30	Lunch	Classroom or Lunchroom
1:30-2:30	Mental Lifting 2.0: Creating a Mental Workout	Classroom
2:55-3:05	Mental Workout & Success Log Review	Field
3:10-4:50	Session 2A - Defending Concepts **GKs Individual Training for 1st Hr, train with group 2nd Hr	Field
4:50-5:00	Complete Practice Log	Field
5:00	Camper Pickup/End of Day 1	Field
<u>Day 2</u>		
8:30 AM	Coaches Report to Fields	Field
9:00-9:10	Player's Review Homework with Coaches	Field
9:15-11:00	Session 3A – Transition Concepts **GKs Individual Training for 1st Hr, then train with group	Field
11:00-11:15	Complete Practice Log	Field
11:30-12:30	Job Description Exercise	Classroom
12:30-1:15	Lunch: Provided By Camp	Classroom or Lunchroom
1:15-2:30 **	College Coach Panel **	Classroom
2:45-5:00 **	11 v 11 Play** + Individual Coach Meetings	Field
5:00	Camp Wrap Up	Field