

# ELITE RESIDENTIAL CAMP

TRAINING AGENDA | 2023

## SUNDAY:

- ✦ 2:00PM – PLAYER ARRIVALS AND ROOM ASSIGNMENTS
- ✦ 3:00PM – CAMP ORIENTATION PRESENTATION LED BY COACHING STAFF IN LARGE CONFERENCE ROOM
- ✦ 3:30PM – ROOM ASSIGNMENT CHECK-IN
- ✦ 4:30PM – TRAINING SESSION (TECHNICAL)
- ✦ 6:30PM – DINNER
- ✦ 8:00PM – EVENING GROUP ACTIVITY: PLAYER INTRODUCTIONS IN LARGE CONFERENCE ROOM

## MONDAY:

- ✦ 7:00AM – BALL MASTERY SESSION
- ✦ 8:30AM – BREAKFAST
- ✦ 9:00AM – REST/DOWNTIME
- ✦ 10:00AM – SESSION #2 (TECHNICAL)
- ✦ 11:00AM – SPORTS PERFORMANCE SESSION (GROUPS 1-3)
- ✦ 12:00PM – SPORTS PERFORMANCE SESSION (GROUPS 4-6)
- ✦ 1:00PM – LUNCH
- ✦ 1:30PM – REST/DOWNTIME
- ✦ 4:00 PM – TRAINING SESSION #3 (TACTICAL)
- ✦ 6:00PM – DINNER
- ✦ 8:00PM – EVENING GROUP ACTIVITY

## TUESDAY:

- ✦ 7:00AM – BALL MASTERY SESSION
- ✦ 8:30AM – BREAKFAST
- ✦ 9:00AM – REST/DOWNTIME
- ✦ 10:00AM – SESSION #2 (TECHNICAL)
- ✦ 11:00AM – RECOVERY SESSION (GROUPS 1-3)
- ✦ 12:00PM – RECOVERY SESSION (GROUPS 4-6)
- ✦ 1:00PM – LUNCH
- ✦ 1:30PM – REST/DOWNTIME
- ✦ 4:00 PM – TRAINING SESSION #3 (TACTICAL)
- ✦ 6:00PM – DINNER
- ✦ 8:00PM – EVENING GROUP ACTIVITY

**WEDNESDAY:**

- ✦ 7:00AM – BALL MASTERY SESSION
- ✦ 8:30AM – BREAKFAST
- ✦ 9:00AM – REST/DOWNTIME
- ✦ 10:00AM – SESSION #2 (TECHNICAL)
- ✦ 11:00AM – SPORTS PERFORMANCE SESSION (GROUPS 1-3)
- ✦ 12:00PM – SPORTS PERFORMANCE SESSION (GROUPS 4-6)
- ✦ 1:00PM – LUNCH
- ✦ 1:30PM – REST/DOWNTIME
- ✦ 4:00 PM – TRAINING SESSION #3 (TACTICAL)
- ✦ 6:00PM – DINNER
- ✦ 8:00PM – EVENING GROUP ACTIVITY

**THURSDAY:**

- ✦ 7:00AM – BALL MASTERY SESSION
- ✦ 8:30AM – BREAKFAST
- ✦ 9:00AM – REST/DOWNTIME
- ✦ 10:00AM – SESSION #2 (TECHNICAL)
- ✦ 11:00AM – RECOVERY SESSION (GROUPS 1-3)
- ✦ 12:00PM – RECOVERY SESSION (GROUPS 4-6)
- ✦ 1:00PM – LUNCH
- ✦ 1:30PM – REST/DOWNTIME
- ✦ 4:00 PM – TRAINING SESSION #3 (TACTICAL)
- ✦ 6:00PM – DINNER
- ✦ 8:00PM – EVENING GROUP ACTIVITY

**FRIDAY:**

- ✦ 8:00AM – BREAKFAST
- ✦ 9:00AM – TRAINING
- ✦ 10:00AM – CLOSING CEREMONY/PLAYERS DEPART CAMP

**\*GOALKEEPERS WILL WORK WITH KEEPER COACH EVERY DAY\***