

2023 Team Formations							
Monday 8/14		Tuesday 8/15		Wednesday 8/16		Thursday 8/17	
New Players	Activity	Pool A - Developmental	Activity	Pool A - Spots Offered	Activity	Pool A - Spots Offered / JV / Varsity Onl	Activity
7:30 AM	Arrival	7:30 AM	Arrival	7:30 AM	Arrival	8:00 AM	Arrival
7:45 AM	Warmups	7:45 AM	Warmups	7:45 AM	Warmups	8:15 AM	Warmups
8:00 AM	Open Remarks	8:00 AM	Open Remarks	8:00 AM	Open Remarks	8:30 AM	Open Remarks
8:10 AM	1v1 Transition	8:10 AM	5v2 Rondo	8:10 AM	7v7/9v9	8:35 AM	11v11
8:35 AM	2v2 Transition	8:35 AM	3v3 Transition	8:35 AM	11v11	9:15 AM	Final Remarks
8:55 AM	Break	8:55 AM	Break	9:00 AM	Break	9:30 AM	Cool Down
9:00 AM	4v4 to Puggs	9:00 AM	11v11	9:05 AM	11v11		
9:25 AM	9v9 to 11v11	9:30 AM	Cool Down	9:30 AM	Cool Down		
9:50 AM	Cool Down						
Returning Developmental	Activity	Pool B - JV/Varsity	Activity	Pool B - Spots Offered	Activity	Varsity/JV Training	
9:45 AM	Arrival	10:00 AM	Arrival	10:00 AM	Arrival	8:45 AM	Arrival
10:00 AM	Warmups	10:15 AM	Warmups	10:15 AM	Warmups	9:00 AM	Training Starts
10:15 AM	Open Remarks	10:30 AM	Open Remarks	10:30 AM	Open Remarks	10:45 AM	Cool Down
10:25 AM	1v1 Transition	10:40 AM	5v2 Rondo	10:40 AM	7v7/9v9	9A/10A Training	
10:50 AM	2v2 Transition	11:05 AM	3v3 Transition	11:05 AM	11v11	3:15 PM	Arrival
11:10	Break	11:30 AM	Break	11:30 AM	Break	3:30 PM	Training Starts
11:15 AM	4v4 to Puggs	11:35 AM	11v11	11:35 AM	11v11	5:00 PM	Cool Down
11:40 AM	9v9 to 11v11	12:05 PM	Cool Down	12:00 PM	Cool Down		
12:05 PM	Cool Down						
Lunch Break							
Returning JV/Varsity	Activity						
12:35 PM	Arrival						
12:50 PM	Warmups		Indexll	New Players		20 Minute Activities	
1:05 PM	Open Remarks		Index	Returning Developmental		5 Minutes Between Activities	
1:15 PM	1v1 Transition			Returning JV/Varsity		5 Minute Full Break	
1:40 PM	2v2 Transition			Developmental Pool			
2:05 PM	Break			JV/Varsity Pool			
2:10 PM	4v4 to Puggs						
2:35 PM	9v9 to 11v11						
3:00 PM	Cool Down						
Goalkeepers							
2:45 PM	Arrival						
3:15 PM	GK Open Remarks						
3:25 PM	Hands						
3:55 PM	Air Flight						
4:20 PM	Distribution						
4:45 PM	Cool Down						
	Pools Posted by Midnight		Pools Posted by Midnight		Teams Posted by Midnight		