

TRAIN LIKE A BULLDOG FALL ID CAMP

Saturday 24 November, 2018



Saturday 24 November Schedule

9:00am	Check-In
9:30am	Introduction
9:30-9:55am	Dynamic Warm-up/Activation/Agility
10:00-10:30am	Training Groups/GK Training
10:35-11:00am	Training Groups/GK Training
11:10-12:00pm	Small Sided Games 6v6
12:10-1:10pm	Lunch/Talk with UNCA Players about College Athletics
1:30-2:00pm	Dynamic Warm-up/Activation
2:00-3:30pm	11v11 Games
3:30pm	Camp Closing

