



Elite Camp Daily Itinerary

DAY ONE

11:30am	Registration Begins
12:30pm	Registration Ends
12:30pm	Camp Welcome AT ARLOTTA FIELD Session 1- ID session; Stickwork, footwork, positioning <i>- 1v1, 2v2 Concepts & Tactics</i>
2:30pm	BREAK (SNACK NOT PROVIDED- on your own) <i>Optional Campus Tour</i>
3:30pm	Session 2- Even, 4v4, 5v5 Transition Play <i>Small Sided Competition- Queen of Turf 5v5</i>
5:00 pm	DINNER AT NORTH DINING HALL
6:45 pm	Session 3- ARLOTTA/North Eck-Full Field Games
8:45 pm	Campers to be picked up at ARLOTTA STADIUM

DAY TWO

8:45am	Arrival at Arlotta Stadium
9:00am	Session 4- Speed & Agility Warm-up with WLAX S&C Coach Stu Roche
9:45am	UNEVEN Strategy 3v2, 4v3, 5v4 <i>Positional Breakout- focus on specific position skills</i> <i>(shooting, 8m, draw, checking, footwork)</i>
11:30am	LUNCH at North Dining Hall
12:45 pm	Session 5- Arlotta/North Eck Camp Tournament
2:55 pm	Camp Closing and Awards
3:00 pm	CAMP ENDS- pick up at ARLOTTA STADIUM