

# Beestera Soccer

## Daily Schedule



### SAMPLE

Time	Activity	Location
6:45 am - 7:30 am	Morning Session (Optional)	Turf Fields
<b>7:45 am - 8:30 am</b>	<b>Rolling Breakfast</b>	<b>Dining Hall</b>
9:30 am - 11 am	Training Session I	Turf Fields
<b>12:15 pm - 1 pm</b>	<b>Rolling Lunch</b>	<b>Dining Hall</b>
2:00 pm - 3:30 pm	Training Session II	Turf Fields
3:45 pm - 5:00 pm	Off Field Activity Mental Performance   Video Analysis   Nutrition Talk   Water Activity	TBD
<b>5:30 pm - 6:30 pm</b>	<b>Rolling Dinner</b>	<b>Dining Hall</b>
7 pm - 8:30 pm	WC Tournament + Scrimmages	Turf + Grass Fields
9:00 pm - 9:45 pm	Full Camp Activity Team Trivia Night   Soccer Tennis   Games Night   Scavenger Hunt   Movie Night   Talent Show	Auditorium
10:30 pm	Bed Checks and Lights Out	Dorms

**Build habits      Stay consistent      Trust the process**

**Beestera Soccer Training**