

**College ID Resident Camp**  
**July 8-11 2023**  
**at Ashland University**  
**Boys ages 13-19 Years**



| Day 1 July 8             |  | Day 2 July 9                               |  |
|--------------------------|--|--|--|
| Timeline:                |  | Timeline:                                  |  |
|                          |  | Wake Up 6:45am                             |  |
|                          |  | Breakfast                                  | 7am-8am  |
| Check In<br>Clayton Hall | 12 Noon - 1:00pm   | Classroom 1<br><i>How to get Recruited</i> | 9am-10am   |
| All Camp<br>Meeting:     | 1:15-1:45pm  | <i>Do's and Don'ts's</i>                   |  |
| Field Training:          | 2pm-4pm<br>Dynamics  | Strength and<br>Conditioning<br>for soccer | 10am -11am<br>Troop Weight<br>Training<br>Facility |
|                          | Technical / Ball Work<br>Possession and<br>Purpose<br>Go to Goal | Lunch                                      | 12noon-1pm   |
| Dinner:                  | Dinner 5-6pm   | Field Session                              | The Art of Finishing<br>Goals win Games            |

|                      |                                  |       |
|----------------------|----------------------------------|-------|
|                      |                                  | 2-4pm |
|                      | Dinner                           | 5-6pm |
| 7pm-9pm              |                                  |       |
| <b>Evening Games</b> | 11 v 11                          |       |
| Focus: Possession    |                                  |       |
| and Purpose:         |                                  |       |
| Individual and Team  |                                  |       |
|                      | <b>Evening Games</b>             |       |
|                      | 11 v 11                          | 7-9pm |
|                      | Focus: Creating and Goal scoring |       |

| Day 3 July 10   | Timeline: | Day 4 July 11            | Timeline:     |
|---|-----------|--------------------------|---------------|
| Wake up 6:45am  |           | Wake up 6:45am           |               |
| <b>Breakfast</b>  | 7am-8am   | Breakfast                | 7am-8am       |
|   |           |                          | 8:30am-9:30am |
| <b>Classroom 2</b>                                      | 9am-10am  | <b>Classroom 4</b>       |               |
| <i>What is it like to be a college Student Athlete?</i> |           | <i>The Mental Game</i>   |               |
|   |           | <i>Traits of Winners</i> |               |

## Field session

*Staying healthy a training exercise*

*for Injuries to recovery  
and prevention*

10am-11:15am

## Lunch

12noon-1pm

## Individual and team defending

2-4pm

"Organization and Attitude"

## Dinner 5-6pm

## Classroom 3

*Understanding Eligibility*

*NCAA / NAIA Eligibility*

*Center - what you need to know*

7-7:45pm

## Evening Games

11 v 11

Focus: Individual and team/Unit

Defending

8-10pm

## *Develop your Mind'*

### Field Session

9:45am-11:15am

Tight spaces =  
faster  
mind, training

### Wrap up

closing remarks by  
College Coaches

### Check out

12 Noon

