



**Crimson Track (10-12 year olds)**

**Gold Track (13-15 year olds)**

1:00 PM

Evasion Skills

Passing / 2 v 1 Skills

1:30 PM

Passing Skills

Ball Placement/Retention

2:00 PM

Mini-Game – Evasion and Passing (Space)

Mini-Game – Ball Retention

2:30 PM

Water/Recovery Break

Water/Recovery Break

2:45 PM

Defensive Skills

Defensive Skills

3:15 PM

Specialist Skills

Specialist Skills

4:00 PM

7 v. 7 Challenge

7 v. 7 Challenge

4:30 PM

Coaches Comments