

Daily Schedule

DAILY SCHEDULE

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| 9:00am – 9:15am | Sign In |
| 9:15am – 9:30am | Warm – Up <i>(15 min)</i> |
| 9:30am – 10:15am | Field Activity 1 <i>(45 min)</i> |
| 10:15am – 10:30am | Snack Time <i>(15 min)</i> |
| 10:30am – 11:15am | Field Activity 2 <i>(45 min)</i> |
| 11:15am – 11:45am | Lunch Time <i>(30 min)</i> |
| 11:45am – 12:30pm | Field Activity 3 <i>(45 min)</i> |
| 12:30pm – 12:45pm | Break / Rest Time <i>(15 min)</i> |
| 12:45pm – 1:30pm | Soccer Game <i>(45 min)</i> |
| 1:30pm – 2:00pm | Soccer Challenges <i>(30 min)</i> |
| 2:00pm | Dismissal |

FIELD ACTIVITIES

All Activities will be soccer related. Our program is designed to teach players different soccer drills and exercises which aren't normally done in our Soccer Development Program due to the time restrained of a 1:30hr. practice. A variety of drills and exercises will be introduced that focus in the different aspects of the game for the more advanced player.

Soccer Camp



FALL 2025

Camp Information

WHAT TO BRING

Players should bring shin guards, ball, PLENTY of water, snack & lunch. Remember to wear comfortable clothes. Sun Block Recommended.

SIGN IN / SIGN OUT

All participants are required to be SIGNED IN at arrival and SIGNED OUT at departure of camp program on a daily basis. Sign In /Out Sheet will be available at informational table at the entrance of program site.

CAMP DAYS & TIMES

Camp runs from Monday to Friday; from 9:00am to 2:00pm.

LATE PICK UP

Parents are required to pick up participants at assigned ending time. Failure to do so may result in a \$10 Late Pick up Fee.

CONTACT US

At any time during the program your child can be contacted via phone at 619.207.2946

Special Events

MOVIE WEDNESDAY

Participants enjoy a fun day at the movies. AMC Promenade 24 offers discounted movies during the summer for Summer Camp groups. \$15 required to participate. NO SOCCER ACTIVITIES.

POTLUCK FRIDAY

Parents are asked to sign up to bring an item for our POTLUCK FRIDAY. Parents and children are invited to participate and share fun moments of Soccer Fall Camp for the week, all while eating PIZZA.

