



# CAPITAL SOCCER ACADEMY

## ID CAMP SCHEDULE

9:00am	Arrive at George Mason Field House <b>(4501 University Dr. Fairfax – Entrance off Ox Road, Not Braddock Road)</b>
9:00-9:15	Check In
9:15	Opening Comments
9:20	- Announce Training Groups - Goalkeepers with Dirk
9:25-9:45	Dynamic, Technical Warm-up
9:50-10:20	Small Group Technical Training
10:30-11:45	Stations (3 x 20 mins.)
11:45-12:45	Lunch Break (Provided by camp)
1:00-3:00	11 v 11 games
3:00-3:30	Recruiting Q&A at the fields and closing comments