

# Xavier University Men's Soccer One Day Camp SAMPLE ITINERARY

<u>Time</u>	<u>Activity</u>
10:30 – 11:00 am	Registration in Academic Atrium
11:05 – 12:10 pm	Recruiting Seminar with Coach Fleming– Cintas Center
12:15	All Campers depart the Learning Commons for Stadium with <u>XU Players</u>
12:30 – 12:40	Dynamic Warm up with <u>XU Players</u>
12:45 – 1:30 pm	Training Session with Coaches
1:30-1:45 pm	Break
1:45 – 4:00 pm	11v11/Small Sided Games

