

Rocky Mountain Soccer Camps, Inc.

TEAM RETREAT SCHEDULE

DAY 1	
TIME	ACTIVITY
4:00 PM	Arrive - Orientation - Rules
4:30	Scrimmages
5:30	Dinner
6:15	Team Builders
7:00	Soccer Session
8:30	Goal Setting Session
9:00	Soccer Videos - Free Time
10:00	Clean Up
10:30	Lights Out
DAY 2	
TIME	ACTIVITY
7:00 AM	Wake Up
7:30	Warm Up
8:00	Breakfast
9:00	Soccer Session
10:30	Team Characteristics
11:00	Shooting - Video Session
12:00 PM	Lunch
1:00	Team Challenges
2:00	Free Time
4:00	Soccer Session
5:30	Dinner
6:00	"Student of the Game"
7:00	4v4 tournament
8:00	Free Time
9:00	Campfire
10:00	Clean Up
10:30	Lights Out
DAY 3	
TIME	ACTIVITY
7:00 AM	Wake Up
7:30	Warm Up
8:00	Breakfast
9:00	Mountain Climb
11:00	Final Soccer Session
12:00 PM	Lunch
12:30	Clean Up and Pack Up
1:00	Closing
1:30	See Ya!