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ESN Day Camp
Example Schedule

9:00 - Drop Off

9:15 – Welcome

- Go over focus category #1
- Camp Wide Warm Up

9:30 – Focus Category #1: Individual Training

- Coaches run 20 minute long sessions
- Athletes rotate to each coach!

10:00 – Foul Shots and Hot Shot Competitions

- Players will chart these everyday
- Will get a certificate at the end of camp with average!

10:30 – Snack

10:45 – Focus Category #1: Team Training

- Training designed to incorporate game situations
- Preparing players to better perform in games!

11:15 – Small Games (1v1 and 2v2)

12:00 – Lunch

1:00 – Afternoon Meeting

- Go over focus category #2
- Camp wide game to get everyone ready to go

1:15 – Focus Category #2: Individual Training

1:45 – Training Game

- Game designed to engage players
- Ex: 1v1 challenge, shooting challenge, knockout, etc.

2:15 – Snack

2:30 – Focus Category #2: Team Training

3:00 – Large Game (3v3 and 4v4, 5v5 based on camp numbers)

3:45 – Free shoot and Rides Out