

Draganov School of Soccer

Daily Schedule:

8:50am	Assemble
9:00 – 9:30am	Warm-up; Speed & Agility Training
9:30 – 10:45am	Technical Session
10:45 – 11:30am	Tournament/Scrimmage 4v4
11:30 – 12:00	Swimming (Optional)
12:00 – 1:30pm	Lunch & Video/Games
1:45 – 3:45pm	Tactical Session & Scrimmage
3:45 – 4:00pm	Coach's Counseling Session, Cool Down
4:00pm	Dismiss

www.draganovsoccer.com