

Sample FCWF Camp Curriculum (drills will change from week to week for variety)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Early Check-in	Early Check-in	Early Check-in	Early Check-in	Early Check-in
9:00 am	Camp Introduction	Dynamic Warm up	Dynamic Warm up	Dynamic Warm up	Dynamic Warm up
9:15 am	Dynamic Warm up	Passing & Receiving	Positioning	RS moves	Skills Drill / speed & training
9:45 am	Water Break	Water Break	Water Break	Water Break	Water Break
10:00 am	Player Skill Evaluation	Shooting	Defending Principles	Attacking Principles	Tactical Session
10:45 am	Lunch	Lunch	Lunch	Lunch	Lunch
11:15 am	Ball Handling	1v1 Defending	Penalty Shots	Pass, Shoot, Score Drill	Player's Favorite Game
11:30 - 1pm	Skating Skills / Full Scrimmage	RS Skills / Shoot Out	Small Sided Games	Full Scrimmage	Inflatable Obstacle Course
12:45-1 pm	Check out	Check out	Check out	Check out	Check out