**Texas State ID Camp**

**Sat, April 13**

**9:00am – 1:30pm**

Sat, April 13

8:40am – Check-in

9:00am – 9:10am - Introductions/Warm-up

9:15-9:50 – Functional Training

Nathan – GKs Lucas – Defs Eszter – Mids Damian - Fwds

10:00am – 10:35am - **8 v 8 games** - 2 x 15-minute games

Field 1(dorm side) Field 2(far side)

Game 1 Blue vs Orange Red vs Yellow

Game 2 Blue vs Red Orange vs Yellow

10:40am – Head to Video Room

10:45am – Snacks – Video Room

11:00am – Q&A - Video Room

11:35am – Tour locker room/weight room/training room

11:45am – Head back to field

12:00pm – Warm-up

12:10pm – 1:25pm – **Full Field games** - 3 x 20-minute games

Game 1 Team 1 vs Team 2

Game 2 Team 1 vs Team 3

Game 3 Team 2 vs Team 3

1:25pm – 1:30pm - Close