

2020 UVA ELITE ID CLINIC SCHEDULE

Tentative and Subject to Change

Clinic Schedule

8:30am – 9:00am	Player Check- In @ the Indoor Football Practice Facility
9:00am	Introduction of Staff
9:15am	Training I: Active Warm Up & Training
10:15am	Matches I: (7v7) Small Sided Tournament
11:30am	Player Lunch (provided) in McCue Football Meeting Room
12:15pm	Player IDP Presentation:
1:30pm	Training II: Technical Training
2:15pm	Matches II: 11v11 Games
4:00pm	Closing Remarks/Depart
4:15pm	Optional Campus Tour Begins

WHAT WE PROVIDE

	Water
	Access to Athletic Trainers
	Lunch

WHAT YOU SHOULD BRING

	Soccer T-shirts, Shorts and Socks (long sleeves and pants if preferred)
	Soccer Cleats & Shin guards
	Flats or Sneakers for wearing in downtimes
	Goalkeepers should bring gloves (long sleeves and pants if preferred)
	Soccer Ball