

2008 NAIG Training Camp May 10-11: Walter Murray Collegiate, Saskatoon

| <u>Day</u> | <u>TIME</u> | <u>COURT 1</u> | <u>COURT 2</u> | <u>COURT 3 (gym 2)</u> | <u>OFF COURT TRAINING</u> |
|------------|----------------|---|--|---------------------------|---------------------------|
| May-10 | 9:00-10:30 am | Session 1: Bantam Girls | Session 1: Midget Girls | Session 1: Juvenile Girls | Session 1: Boys (1 hour) |
| | 10:30-11:45 am | Session 2: Bantam Boys | Session 2: Midget Boys | Session 2: Juvenile Boys | Session 2: Girls (1 hour) |
| | 11:45-1:00 pm | LUNCH | LUNCH | LUNCH | LUNCH |
| | 1:00-3:00 pm | Session 3: Bantam Girls | Session 3: Midget Girls | Session 3: Juvenile Girls | |
| | 3:00-5:00 pm | Session 3: Bantam Boys | Session 3: Midget Boys | Session 3: Juvenile Boys | |
| | 5:00-6:00 pm | DINNER | DINNER | DINNER | DINNER |
| | 6:00-7:00 pm | Session 4: Bantam Girls | Session 4: Midget Girls | Session 4: Juvenile Girls | |
| | 7:00-8:00 pm | Session 4: Bantam Boys | Session 4: Midget Boys | Session 4: Juvenile Boys | |
| May-11 | 9:00-10:00 am | Session 5: Bantam Boys | | Session 5: Juvenile Boys | Session 6: Girls Teams |
| | 10:00-11:00 am | Session 5: Bantam Girls | | Session 5: Juvenile Girls | Session 6: Boys Teams |
| | 11:00-12:00 pm | Session 5: Midget Boys | | Session 5: Midget Girls | |
| | 11:45-1:00 pm | LUNCH | LUNCH | LUNCH | LUNCH |
| | 1:00-3:00 pm | Session 7: Bantam Boys | Session 7: Bantam Girls | Session 7: Juvenile Boys | |
| | 3:00-5:00 pm | Session 7: Midget Boys | Session 7: Midget Girls | Session 7: Juvenile Girls | |
| | | Session 1 | Individual Skill Development (passing, serving, attacking, etc...) | | |
| | Session 2 | Nutrition Seminar (SMSCS nutritionist coming) | | | |
| | Session 3 | Systems Training: (offence and defence) | | | |
| | Session 4 | Position Specific Training | | | |
| | Session 5 | Fitness Training (SMSCS trainer coming) | | | |
| | Session 6 | Mental and team building training | | | |
| | Session 7 | Open to coaches discretion | | | |

Next Training Dates:

- June 14-15 Mount Royal Collegiate, Saskatoon (schedule not yet available)
- July 2-4 Bantam Teams: Henk Ruys Soccer Center, Saskatoon
- July 14-17 Midget Teams: Henk Ruys Soccer Center, Saskatoon