

## Clinic Schedule — Session 1

| Time                | Clinic Activity                                                                                                                                                                                                                                                 |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:00–9:15 AM</b> | <b>Warm-Up &amp; Skill Drills</b> — Coaches lead dynamic stretching, ball control, passing, and movement drills with their home team.                                                                                                                           |
| <b>9:15–9:22AM</b>  | <b>Scrimmage — 1st Quarter (7 min.)</b> — Teams are paired with another school for match play.                                                                                                                                                                  |
| <b>9:22–9:24 AM</b> | <b>Water Break &amp; Coaching Feedback (2 min.)</b> — Players hydrate while coaches provide feedback and make team adjustments.                                                                                                                                 |
| <b>9:24–9:31 AM</b> | <b>Scrimmage — 2nd Quarter (7 min.)</b>                                                                                                                                                                                                                         |
| <b>9:31–9:36 AM</b> | <b>Halftime (5 min.)</b> — Water break, coaching feedback, and team adjustments.                                                                                                                                                                                |
| <b>9:36–9:43 AM</b> | <b>Scrimmage — 3rd Quarter (7 min.)</b>                                                                                                                                                                                                                         |
| <b>9:43–9:45 AM</b> | <b>Water Break &amp; Coaching Feedback (2 min.)</b> — Players hydrate while coaches provide feedback and make team adjustments.                                                                                                                                 |
| <b>9:45–9:52 AM</b> | <b>Scrimmage — 4th Quarter (7 min.)</b>                                                                                                                                                                                                                         |
| <b>9:52 AM</b>      | <b>End of Clinic</b> — Coaches thank participants, recognize good sportsmanship, and have teams shake hands.<br><br><b>Snacks &amp; Clean-Up</b> — Players enjoy a snack, dispose of trash, collect equipment, and help leave the field clean before departure. |

## Clinic Schedule — Session 2

| Time           | Clinic Activity                                                                                                                                                                                                                                                 |
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| 10:00–10:15 AM | <b>Warm-Up &amp; Skill Drills</b> — Coaches lead dynamic stretching, ball control, passing, and movement drills with their home team.                                                                                                                           |
| 10:15–10:22 AM | <b>Scrimmage — 1st Quarter (7 min.)</b> — Teams are paired with another school for match play.                                                                                                                                                                  |
| 10:22–10:24 AM | <b>Water Break &amp; Coaching Feedback (2 min.)</b> — Players hydrate while coaches provide feedback and make team adjustments.                                                                                                                                 |
| 10:24–10:31 AM | <b>Scrimmage — 2nd Quarter (7 min.)</b>                                                                                                                                                                                                                         |
| 10:31–10:36 AM | <b>Halftime (5 min.)</b> — Water break, coaching feedback, and team adjustments.                                                                                                                                                                                |
| 10:36–10:43 AM | <b>Scrimmage — 3rd Quarter (7 min.)</b>                                                                                                                                                                                                                         |
| 10:43–11:45 AM | <b>Water Break &amp; Coaching Feedback (2 min.)</b> — Players hydrate while coaches provide feedback and make team adjustments.                                                                                                                                 |
| 10:45–10:52 AM | <b>Scrimmage — 4th Quarter (7 min.)</b>                                                                                                                                                                                                                         |
| 10:52 AM       | <b>End of Clinic</b> — Coaches thank participants, recognize good sportsmanship, and have teams shake hands.<br><br><b>Snacks &amp; Clean-Up</b> — Players enjoy a snack, dispose of trash, collect equipment, and help leave the field clean before departure. |