

RUNNING OF THE DAY

MSG 2 DAY FOOTBALL CAMP MORNING SESSION 9AM-12PM

9:00AM | Registration

9:30AM-9:45AM | Welcome and Arrival Activity

9:55AM-10:15AM | Speed and Quickness Circuits

10:20AM-11:00AM | Technique and Ball Mastery
Circuits

11:05AM-11:45AM | Small Sided Tournament (Mini
Matches)

11:45-12:00PM | End of day Cool Down and
Presentation



RUNNING OF THE DAY

MSG 2 DAY FOOTBALL CAMP AFTERNOON SESSION 12:45PM-3:15PM

12:30PM | Registration

12:45AM-13:00PM | Welcome and Arrival Activity

13:05-13:25PM | Speed and Quickness Circuits

**13:30AM-14:10PM | Technique and Ball Mastery
Circuits**

**14:15PM-15:00PM | Small Sided Tournament (Mini
Matches)**

**15:00-15:15PM | End of day Cool Down and
Presentation**

