



## SUMMER 2026 SOCCER CAMPS

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Galvani Field

19 Flagg Dr, Framingham, MA 01702



### *Morning*

**8:30am – 9:00am:** Campers arrival/check in

**9:00am – 10:30am:** Stations (typically about 4) of 20-25 min focusing on different aspects of the game.

- Shooting
- Passing and receiving
- Coordination and agility
- Small-sided games

**10:30am – 11:00am:** Snack break/chill time

**11:00am – 12:30pm:** Soccer tennis/Scrimmages/small soccer tournaments

## Afternoon

**12:30pm – 1:15pm:** Lunch break/chill time

**1:15pm – 2:15pm:** Stations/and or conditioning (typically about 4 and different from morning stations) of 20 min focusing on different aspects of the game and/or body conditioning (balance/strength/stamina/focus).

**2:15pm – 3:00pm:** Scrimmages

**3:00pm:** Calm down & end of the day



*“Turning summer energy into soccer magic!”*

