



# Lincoln University Women's Soccer ID Camp Itinerary Saturday Feb. 13 2021

**7:00 - 7:35AM**

*Check-in*

**8:00 - 8:30AM**

*Dynamic Warmup  
& Rondo*

**8:35 - 9:00AM**

*Speed & Agility*

**9:05 - 9:30AM**

*Attacking/  
Finishing*

**9:35 - 10:35AM**

*Small sides games  
5 vs. 5*

**11:45 - 12:00PM**

*Lunch  
Q&A with Coaches*



# Lincoln University Women's Soccer ID Camp Additional Information

## *Where do I check-in?*

The check in location will be inside Manuel Rivero Hall which is the first building you see as you enter through the main entrance gates of Lincoln University. In order to come on campus, all players and visitors must wear a face mask.

## *What will we be focusing on?*

We will focus on improving your speed of play for the college game. Small sided games and possession drills will highlight goal-scoring, improving your passing, one on one defending, possession and movement off the ball. Players are expected to work and need to be in good health. This is a teaching clinic that gives everyone an opportunity to learn more about the game, college and Lincoln.

## *What else will we do?*

Players will have the opportunity to spend time with current members of the Lincoln soccer team. A campus tour and lunch will be provided.

## *What do I bring?*

Players need to bring soccer indoor shoes, shin-guards and a change of clothes appropriate for the weather conditions. PLEASE NOTE WE PLAN TO BE INSIDE but bring additional clothing in case weather permits going outdoors. Please bring your own water.