



Weekly schedule for Toca Summer Clinic 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 to 10:30 am	Warm up; coordination, agility and speed training	Warm up; coordination, agility and speed training	Warm up; coordination, agility and speed training	Warm up; coordination, agility and speed training	Warm up; coordination, agility and speed training
10:30 to 11:00 am	Break and snack	Break and snack	Break and snack	Break and snack	Break and snack
11:00 to 12:00 pm	Ball mastery	Ball mastery and tactical	Ball mastery	Ball mastery and tactical	Ball mastery
12:00 to 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 to 1:00 pm	Free time for rest inside	Free time for rest inside	Free time for rest inside	Free time for rest inside	Free time for rest inside
1:00 to 2:00 pm	Social activity	Social activity	Social activity	Social activity	Social activity
2:00 to 3:00 pm	Shooting and finishing drills	Shooting and finishing drills	Shooting and finishing drills	Shooting and finishing drills	Shooting and finishing drills
3:00 to 3:15 pm	Break and snack	Break and snack	Break and snack	Break and snack	Break and snack
3:15 to 4:15 pm	Scrimmages/small-sided games	Scrimmages/small-sided games	scrimmages/small-sided games	scrimmages/small-sided games	mini mixed ages small-sided tournament
4:15 to 4:45 pm	Stretch and cool down	Stretch and cool down	Stretch and cool down	Stretch and cool down	Stretch and closing event with feedback and awards
4:45 to 5:00 pm	Pack up to go home	Pack up to go home	Pack up to go home	Pack up to go home	Pack up to go home