

**YDCG PROGRAMME OF EVENTS
GLENALMOND COLLEGE, PERTHSHIRE
MONDAY 19TH – FRIDAY 23RD JULY 2010**

All times are start times – Please ensure you are ready 5 minutes early for each activity.

Please ensure you have the appropriate equipment including drink bottle, stick, gum shield, shin pads, shoes and waterproof.

Meeting Time	Activity	Meeting Location
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Monday

11.00hrs	Arrival	TBC
12.00hrs	Welcome & Introduction	TBC
13.00hrs	Lunch	Dining Hall
14.00hrs	Team Building – Discussion & Tactics	Pitch
15.00hrs	Warm Up <ul style="list-style-type: none"> - Team Passing Skills - Team Receiving Skills - Team Set Pieces 	
18.00hrs	Dinner	Dining Hall
19.30hrs	League Teams Warm Up / Games / Cool Down	Pitch
21.30 hrs	Free time	
22.30hrs	Bed Time	

Tuesday

8.30hrs	Breakfast	Dining Hall
9.30hrs	Skills Groups Warm Up / Elimination Skills (1v1, 2v1) / Cool Down	Pitch
11.00hrs	League Teams Warm Up / Team Tactics (Attacking Play) / Cool Down	
13.00hrs	Lunch	Dining Hall

14.30hrs	League Teams Warm Up / Dead Ball Situations (Long Corner, 16's, Self Pass) / Cool Down	Pitch
18.00hrs	Dinner	Dining Hall
19.30 hrs	League Teams Warm Up / Games / Cool Down	Pitch
21.30 hrs	Free Time	
22.30hrs	Bed Time	

Wednesday

8.30hrs	Breakfast	Dining Hall
9.30hrs	Skills Groups Warm Up / Defensive Skills (Channeling, Marking, Tackling) / Cool Down	Pitch
11.00hrs	League Teams Warm Up / Team Tactics (Defensive Play) / Cool Down	
13.00hrs	Lunch	Dining Hall
14.30hrs	Free Time / Individual sessions CHOICE	Pitch
18.00hrs	Dinner	Dining Hall
19.30hrs	League Teams Warm Up / Games / Cool Down	Pitch
21.30 hrs	Free Time	
22.30hrs	Bed Time	

Thursday

8.30hrs	Breakfast	Dining Hall
9.30hrs	Self Analysis	Pitch / Indoor
10.00hrs	Fitness	Pitch / Indoor
11.15hrs	Coaches v Girls Game	Pitch
13.00hrs	Lunch	Dining Hall
14.30hrs	Free Time/ Individual sessions	Pitch
18.00hrs	Dinner	Dining Hall
19.00hrs	League Teams Warm Up / Games / Cool Down	Pitch
20.30 hrs	Quiz & Talent Show	Theatre

22.30hrs Bed Time

Friday

8.30hrs Breakfast Dining Hall

9.00hrs Strip beds / clean room

9.30hrs Warm Up / Tournament / Cool Down Pitch

13.00hrs Lunch Dining Hall

14.00hrs Prize Giving / Evaluation

14.30hrs Depart