

YCC2 PROGRAMME OF EVENTS
LARGS, INVERCLYDE NATIONAL SPORTS CENTRE
FRIDAY 9TH-SUNDAY 11TH 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
Friday		
18.00 -18.30hrs	Arrival and Check in	
18.30hrs	Welcome and Introduction	
19.00hrs	Team Building Session	Pitch
	Small Sided Games	
21.00hrs	Supper / Snack	Dining Hall
21.30hrs	Movie Night	Common Room
22.30hrs	Bed Time	
Saturday		
8.30hrs	Breakfast	
9.30hrs	Warm Up / Moving with the Ball	Pitch
11.00hrs	Break	
11.15hrs	Warm Up / Moving the Ball, 2v1s & 3v2s	Pitch
12.30 hrs	Lunch	Dining Hall
14.00hrs	Warm up/ Goalscoring	Pitch
15.30hrs	Break	
15.45hrs	Mini Tournament	Pitch
17.15hrs	Free Time	
18.00hrs	Dinner	Dining Hall
20.00hrs	Evening Entertainment	Common Room/Pitch
	1 Hour Outdoor	
	1 Hour Indoor	
	½ Hour Choice	
22.00hrs	Bed Time	
Sunday		
08.30hrs	Breakfast	Dining Hall
09.00hrs	Pack bags and clean rooms	
10.00hrs	Warm Up / Beating an Opponent	Pitch
11.15hrs	Break	
11.30hrs	Warm Up / Defence & 2v1s / Channelling & Tackling	Pitch
12.30 hrs	Lunch	Dining Room
14.00hrs	Tournament	Pitch
16.00hrs	Prize Giving, Evaluations and Depart	Common Room