



CELTIC FC FLORIDA ACADEMY TRAINING / PRACTICE BREAKDOWN

All Training Sessions / Practices will be organized and/or approved by the Academy Director and/or the Director of Coaching. A typical Academy training session is broken down as such:

- 10-20 min Warm-Up & Stretching
- 35-40 min Individual Skill Development / Technical Training
- 15-30 min Small-Sided Games / Scrimmages
- 5 min Team Wrap-Up Discussion / Cool Down

For questions, or more information, please contact info@celticfcflorida.org.