



# FOOTBALL UNIVERSITY

## 2025 FBU REGIONAL CAMP ITINERARY

### *Miami Camp*

8:00 AM – 9:00 AM	Registration
9:00 AM – 9:20 AM	Welcome Orientation
9:25 AM – 9:30 AM	Athletes Depart to Position Coaches
9:30 AM – 9:50 AM	Athlete Position Group Meetings
9:50 AM – 10:00 AM	Dynamic Warm-Up
10:00 AM – 11:30 AM	On-Field Practice #1
11:30 AM – 11:50 AM	Break
11:50 AM – 12:05 PM	Athlete Position Group Meetings
12:05 PM – 12:15 PM	Dynamic Warm-Up
12:15 PM – 1:45 PM	On-Field Practice #2
1:45 PM – 2:00 PM	Awards & Dismissal

*\*Camp Itinerary and Times Subject to Change\**

**WHERE FOOTBALL PLAYERS GET BETTER**

