

Advanced Goalkeeper Academy - 6/26 - 6/30

Sunday 6/26	Activity	Monday 6/27	Activity	Tuesday 6/28	Activity	Wednesday 6/29	Activity	Thursday 6/30	Activity
		7am	Breakfast	7am	Breakfast	7am	Breakfast	7am	Breakfast
		7.30-8.45am	Free Time	7.30-8.45am	Free Time	7.30-8.45am	Free Time	7.30-8.45am	Free Time
		9 - 10am	Medium Extensions	9 - 10am	Footwork & Movement Across	9 - 10am	1v1 Situations	9 - 10.30am	Shooting Games
		10.15 - 11.15am	Foot Skills/Distribution	10.15 - 11.15am	High Extensions	10.15 - 11.15am	Re-positioning & Multiple Saves	10.30 - 11am	Pack
		11.30am	Lunch	11.30am	Lunch	11.30am	Lunch	11am	Check Out
		12noon - 2pm	Free Time	12noon - 2pm	Free Time	12noon - 2pm	Free Time		
		2-3pm	Yoga Session	2-3pm	Indoor Swimming	2-3pm	Yoga Session		
3-4:30pm	Check In	3-4pm	Video Session 1 - Recruitment Q & A	3-4pm	Video Session 2 - Organization/Leadership	2-3pm	Video Session 3 - Set Pieces		
4:30pm	Camp Meeting	4-4.45pm	Free Time	4-4.45pm	Free Time	4-4.45pm	Free Time		
5.15pm	Dinner	5pm	Dinner	5pm	Dinner	5pm	Dinner		
6-7pm	Free Time	5.30-6.45pm	Free Time	5.30-6.45pm	Free Time	5.30-6.45pm	Free Time		
7-8.30pm	Set Position & Advanced Handling	7 - 7.45pm	Low Extensions	7 - 7.45pm	Controlling the Box (Crosses)	7 - 8.30pm	Shot Stopping Circuit		
		7.45 - 8.30 pm	Recovery from Ground	7.45 - 8.30 pm	Reaction Saves				

Yoga Sessions in McGee Center, Video Sessions in Classroom OR Accommodation, Indoor Swimming at Cuddy Pool