

Ohio South & University of Dayton - Elite Goalkeeper Academy  
Daily Schedule

**Thursday July 22, 2010**

1:00-3:30 pm	Registration @ Virginia Kettering Residents' Hall
3:30-4:00 pm	All Camp Meeting/Staff Introduction
4:00-5:30 pm	1 <sup>st</sup> Session: Footwork and Handling
5:30 pm	Dinner
7:00-8:45 pm	2 <sup>nd</sup> Session: Advanced Shot Handling
9:30 pm	Lecture: College Process
11:00 pm	Lights Out

**Friday July 23, 2010**

7:00 am	Wake Up
7:30 am	Breakfast
9:30-11:30 am	3 <sup>rd</sup> Session: Breakaway Training
12:30 pm	Lunch
2:00-4:00 pm	4 <sup>th</sup> Session: Backpass/Distribution
5:00 pm	Dinner
6:00-8:00 pm	5 <sup>th</sup> Session: Small Sided Evaluation Games
9:00 pm	Lecture: GK Film Analysis
11:00 pm	Lights Out

**Saturday July 24, 2010**

7:00 am	Wake Up
7:30 am	Breakfast
9:30-11:30 am	6 <sup>th</sup> Session: Crosses
12:00 pm	Lunch
2:00-4:00 pm	7 <sup>th</sup> session: 3 Goal
5:00 pm	Dinner
6:00-8:00 pm	8 <sup>th</sup> Session: Keeper Wars
9:00 pm	Lecture: Psychology of Goalkeeping
11:00 pm	Lights Out

**Sunday July 25, 2010**

7:00 am	Wake Up
7:30 am	Breakfast
9:00-10:30 am	9 <sup>th</sup> Session: Fitness Training (Footwork)
10:30 am	Closing of Camp
11:00 am	Check out