

## **2007 Elite Academy – Tentative Schedule July 28 – July 31**

(11) Sessions of soccer – Each session has a specific topic or conditioned game.

(3) Lectures

FP – Field Players GK - Goalkeepers

### **Saturday July 28th**

11-12pm Check-In/Orientation/Lunch

**1-3P Session One – FP Possession - Collecting and distribution & 1v1/ GK Collecting and distribution / 1v1**

4-5pm Dinner

**5pm Session Two – SUPER 8 V 8 Tournamnet**

10:30pm Lights Out

### **Sunday July 29th**

7:30-8:15am Breakfast

8-9am Rest

**9-11am Session Four – FP Principles of Defending (Zone – Man) / GK Organization of the defenders**

11:35 -12:15am Lunch

12:30-1:45pm

**2 - 4pm Session Five – FP Finishing and Shooting/GK Shot Stopping & Diving**

4:35 - 5pm Dinner

5-6 Rest

**6:15-7:45pm Session Six – 7 V 7 GATO CUP Tournament**

8-8:45pm Rest

9-10pm **Lecture – Four Pillars Of Soccer Lecture**

10:30pm Lights Out

### **Monday July 30th**

7:30-8am Breakfast

8-9am Rest

**9-11am Session Seven – FP Dribbling to beat a defender / GK Footwork & 1v1**

11:35 -12:15am Lunch

12:30-1:30pm **Lecture – HS Players Princeton Review PSAT/SAT / U12 Test Taking Study Skills**

**2-4pm Session Eight - Combination Play/Transition / GK Angle Play**

4:30pm Dinner

5-6pm Rest

**6:15-7:45pm Session Nine – World Cup Tournament Small Sided Games**

8-8:45pm Rest

8:45-9:45pm **Lecture - Playing at the next level – What does it take to make it to the next level?**

10:30pm Lights Out

### **Tuesday July 31st**

7:35-8am Breakfast

**9-10:30am Session Ten – FP Shooting under Pressure / GK 1 v 1 Situations Angles/Shot Stopping**

10:30-11:30 am Individual Meetings with Coaches

11:30am-12pm Lunch

12pm-12:45pm Room Check and Cleanup

**1P-3P Session Eleven – FP Crossing and Finishing / GK Flighted Balls / Second Saves/ Footwork**

3-4pm Rest

4--4:30pm Awards Ceremony

4:30-5:30pm Checkout