

Mens Extended GK Camp 2023

Thursday 7/13	Activity	Friday 7/14	Activity	Saturday 7/15	Activity	Sunday 7/16	Activity
Group 1 Carlos Group 2 Jaxson	x19 GKS	8am	Breakfast	8am	Breakfast	8am	Breakfast
	9.00-10.00	Low & Men extensions	9.00-10.00	Footwork and movement	9-10.30am	Controlling the Box (Crosses)	
	10.15-11.15	Foot Skills, Support Play, Distribution	10.30-11.30am	Crossbar/Goalline Saves	10.30-12noon	Re-positioning & multiple saves	
	12noon	Lunch	12noon	Lunch	12noon	Lunch	
	12.30-2pm	Free Time	12.30-2pm	Free Time	Follows Showcase Schedule		
		1v1 situations	2-3pm	Reaction saves			
	3-4:30pm	Check In	3-4pm	Shot stopping			3-4pm
4:30pm	Camp Meeting	4-4.30pm	Free Time	4-4.30pm			Free Time
5.00pm	Dinner	5pm	Dinner	5pm	Dinner		
6.30pm-8pm	Advanced Handling & Footwork/Movement Across Goal	6.30-8.00pm	Foot Skills, Support Play, Distribution	6.30-8.30pm	Pushing & Parrying with Recovery for Multiple Shots		