

2011 Dynasty Goalkeeping Academy Schedule

Please keep in mind that the schedule is tentative and may vary slightly from week to week.

TIME	DAY 1	TIME	DAY 2	TIME	DAY 3	TIME	DAY 4	TIME	DAY 5
		6:45a	Wake-up!	6:45a	Wake-up!	6:45a	Wake-up!	6:45a	Wake-up!
		7a	Breakfast	7a	Breakfast	7a	Breakfast	7a	Yoga for Athletes
		8a	Fitness Testing	8a	Speed & Agility	8a	Boxing & Tipping	8a	Breakfast
		9-11a	Breakaways	9-11a	Crosses - Video 3 Goal & Kicking	9-11a	Bogies & Backpass	9-10:30a	GK Fitness
12-1p	Check-In*	11:30a	Lunch	11:30a	Lunch	11:30a	Lunch	10:30-11:30a	Player Meetings
1p	Initial Meeting	12p	Nutrition Lecture	12p	Mentality Lecture	12p	College Lecture	11:30a-12p	Check-Out*
1:30p	Positioning Lecture	1:30p	Whole Foods	1p	Nap Time	1p	Nap Time		
		3-4p	Upper Body Lift	3-4p	Core Stability	3-4p	Lower Body Lift		
3-5:30p	Control Zone - Video	4p	Kicking & Crosses	4-5p	Pool	4p	Kicking & Crosses		
5:45p	Dinner	5:30p	Dinner	5:30p	Dinner	5:30p	Dinner		
7-9p	Games & Video	7-9p	Games & Video	7-9p	Games	7-9p	Games		
11p	Lights Out!	11p	Lights Out!	11p	Lights Out!	11p	Lights Out!		

*No lunch will be provided on Day 1 or Day 5