

MICHIGAN STATE

S O C C E R

Saturday, January 11th:

9:00a – 10:00a Check in at the Smith Academic Center (parking across the street, Shaw Ave, in front of Spartan Stadium).

10:00a – 10:30a Welcome, Introductions, Schedule Breakdown, Training Group Breakout

Training Group A

10:30 – 11:10a Training session focusing on technical and tactical elements. Session will be modeled on the sessions we do with our MSU team.

*GK specific training will also take place.

11:10a – 11:50a Competitive 6 v 6 Games

12:00p – 1:00p Strength & Conditioning Presentation, Warm-Up, & Circuit Training.

Training Group B

10:30a – 11:30a Strength & Conditioning Presentation, Warm-Up, & Circuit Training.

11:50a – 12:30p Training session focusing on technical and tactical elements. Session will be modeled on the sessions we do with our MSU team.

*GK specific training will also take place.

12:30p – 1:10p Competitive 6 v 6 Games

1:15p – 2:00p College Recruiting Talk at Smith Center Auditorium – Panel of College Coaches and Players (Lunch provided)

2:00p – 5:15p Group Play – 11 v 11 Matches (Each team will get 2 x 30 minute games)

5:15p – 6:00p MSU Academy Pool Game 1 (11 v 11)

Sunday, January 12th:

9:00a – 11:15a Final 11 v 11 placement games (Group A #3 vs. Group B #3, Group A #2 vs. Group B #2, Group A #1 v. Group B #1). Each final game will be 45 minutes.

11:15a – Noon MSU Academy Pool Game 2 (11 v 11)

Noon – 12:15p Closing Remarks