

# MICHIGAN STATE

## S O C C E R

### Saturday, February 22<sup>nd</sup>, 2020

**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)

**6:00pm-7pm** MSU Academy Pool Game 2 (11v11)