



Keene State College

2009 Owl Soccer Camps and Goalkeeper Training Center

Typical Daily Schedule

Morning

7:30	Breakfast
8:45	Meet in courtyard
9:00	General warm-up
9:20	Intensive individual technique and skill work by position
10:45	Small-sided contests
11:00	Recreation/swimming available
Noon	Lunch

Afternoon

1:30	Meet in courtyard
1:45	General warm-up
2:00	Intensive individual, group, and team tactics and strategy
2:45	Team preparation
3:30	8 v. 8 tourney
4:00	Recreation/swimming available
5:00	Supper

Evening

6:15	Meet in courtyard
6:30	Evening twilight games
9:15	Evening classroom program/movies
10:00	In rooms for ages 12 and under
11:00	Lights out for seniors

► Goalkeeper Session

(All times for meals/other activities are the same as above)

Morning

9:00	Special stretches and exercises to help strengthen the body and increase flexibility with and without a ball
9:30	Footwork exercises
10:00	Technique work
10:45	6 v. 6 small-sided game competition, gaining field experience

Afternoon

2:00	Functional practices: positioning, reading the game, directing the defense, tactics and strategy for special game situations
3:15	11 v. 11 team preparation

Evening

6:30	You're the boss – Twilight League competition
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Friday Schedule

Morning practice

9 – 11:30 a.m.

8 v. 8 Tournament
Final Camp
Championship Games

Closing Ceremony

11:30 a.m. – noon

Camper Pickup

Noon – 1:30 p.m.