

# CAL SOUTH ODP YOUTH ACADEMY SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5
7am-8am		Breakfast	Breakfast	Breakfast	Breakfast
8am-8:30am		Taping/Treatment Pick up Training Gear	Taping/Treatment Pick up Training Gear	Taping/Treatment Pick up Training Gear	Taping/Treatment Pick up Training Gear
9am-11am		Ball Mastery Technical Field Session Dribbling	Ball Mastery Technical Field Session Shooting	Ball Mastery Technical Field Session Passing & Receiving	Oral Evaluations and Room Check
		GK Session 1	GK Session 3	GK Session 5	GK Session 7
11am-12pm		Free Time/Pool	Free Time/Pool	Free Time/Pool	Closing Ceremonies
12pm-1pm		Lunch	Lunch	Lunch	Campers Depart
1:15pm-1:45pm		Taping/Treatment	Taping/Treatment	Taping/Treatment	
2pm-4pm	Check-In	Tactical Field Session Defending 1v1-2v2-up	Tactical Field Session Possession/Shape with purpose	Tactical/Functional Field Session Finishing	
		GK Session 2	GK Session 4	GK Session 6	
4pm-5pm	Orientation & Parent Tour	Free Time/Pool	Free Time/Pool	Free Time/Pool	
5pm-6pm	Dinner	Dinner	Dinner	Dinner	
	Evaluation of Groups				
6pm-6:30pm	Taping/ Treatment	Taping/Treatment	Taping/Treatment	Taping/Treatment	
6:30pm-8pm	Field Session 8 v 8 Games + GK	9 v 9 + GK	7 v 7 + GK Tournament	11 v 11 + GK	
	Evaluation of Groups	GK Session with field players	GK Session with field players	GK Session with field players	
8:30pm-9:30pm	Lecture/Video ODP & National Team Program	Lecture/Video Nutrition & Fitness	Lecture/Video Nike Presentation & Movie Night	Lecture/Video Annual Team Talent Show	
	Snack	Snack	Snack	Snack	
9:30pm-	Hand in Training Gear	Hand in Training Gear	Hand in Training Gear	Hand in Training Gear	
10pm	Lights Out	Lights Out	Lights Out	Lights Out	

\* Daily Camp Schedule is tentative & subject to change.

