



### 3 Day – Residential Football Camp Program

	Sunday	Monday	Tuesday	Wednesday
7am		Breakfast	Breakfast	Breakfast
9am – 1pm		Training Session <ul style="list-style-type: none"> <li>• Technical Revision</li> <li>• Athletic Preparation</li> <li>• Tactical Work</li> <li>• Game Play</li> </ul> 11-a-side Match Practice	Training Session <ul style="list-style-type: none"> <li>• Technical Revision</li> <li>• Athletic Preparation</li> <li>• Tactical Work</li> <li>• Game Play</li> </ul> 11-a-side Match Practice	Training Session <ul style="list-style-type: none"> <li>• Technical Revision</li> <li>• Athletic Preparation</li> <li>• Tactical Work</li> <li>• Game Play</li> </ul> 11-a-side Match Practice
2pm		Lunch	Lunch	Lunch End of Program Players Depart Airport Transfer
3.30pm-4pm	Airport Transfer Player Arrival Check in to Accommodation	Pool Recovery Session & Stretching	Pool Recovery Session & Stretching	
4.30pm-6pm		Gym & Core Strength Program	Video Analysis & Nutritional Advice	
6.30pm	Evening Meal	Evening Meal	Evening Meal	