

Advanced Player Camp Football October Camp Structure

	9:00am-9.15am	9:15am-9.45am	9.45am-10.30am	10.30am-10.45am	10.45am-11.30am	11.30am-12.15pm	12.15pm-1.00pm	1.00pm-1.45pm	1.45pm-2.45pm	2:45pm-3:00pm
Monday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Player Testing 10m, 20m, 40m Sprint Illinois Agility Test Cooper Test	Break	1v1 & 2v2 Attacking	Theme – Possession with a Purpose	Lunch	Theme – Possession with Purpose	Small Sided Games 7v7	Cool down & Sign out
Tuesday	Registration & Briefing	Warm up -Football Tennis & SAQ	Small Sided Games 4v4	Break	1v1 & 2v2 Defending	Theme – Defending your own half	Lunch	Player Profiling	Scenario Games 7v7	Cool down & Sign out
Wednesday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Small Sided Games 4v4	Break	3v2 & 3v3 Attacking	Theme – Creative Attacking Play	Lunch	Theme – Creative Attacking Play	Match Analysis Session	Cool down & Sign out
Thursday	Registration & Briefing	Warm up -Football Tennis & SAQ	Small Sided Games 4v4	Break	3v2 & 3v3 Defending	Theme – Defending in the oppositions half	Lunch	Nutrition Workshop	Player led Coach Mode 7v7	Cool down & Sign out
Friday	Registration & Briefing	Warm up -Ball Mastery & SAQ	Player Re-Testing 10m, 20m, 40m Sprint Illinois Agility Test Cooper Test	Break	Small Sided Games 4v4	Theme – Attacking Wide Areas	Lunch	Theme - Attacking Wide Areas	Small Sided Games 7v7	Cool down & Sign out