

AFS | NOVEMBER 2021

PLAYER SCHEDULE | 3 WEEK PROGRAM



PRO PATHWAY - PROGRAM

3 WEEKS

SUNDAY

14TH NOV

14:00 - 16:00 - HOTEL CHECK-IN
18:00 - 19:00 - INDUCTION
19:00 - 21:00 - DINNER (BUFFET)

TUESDAY

16TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - TRAINING (POSITION
SPECIFIC DRILLS)
12:00 - 13:30 - LUNCH
16:00 - 18:00 - INJURY PREVENTION
AND CORE WORK
19:30 - 20:00 - DINNER

MONDAY

15TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - TRAINING (POSITION
SPECIFIC DRILLS)
12:00 - 13:30 - LUNCH
16:00 - 18:00 - TRAINING
(PLYOMETRIC AND TECHNICAL WORK)
19:30 - 20:00 - DINNER

WEDNESDAY

17TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - TRAINING (POSITION
SPECIFIC DRILLS)
12:00 - 13:30 - LUNCH
16:00 - 18:00 - STRENGTH TRAINING
19:30 - 20:00 - DINNER



THURSDAY

18TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - TRAINING (POSITION
SPECIFIC DRILLS)
12:00 - 13:30 - LUNCH
16:00 - 18:00 - TRAINING
(PLYOMETRIC AND TECHNICAL WORK)
19:30 - 20:00 - DINNER

SATURDAY

20TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - (PLAYER REVIEW)
12:00 - 13:30 - LUNCH
16:00 - 18:00 - FREE TIME
18:30 - 19:30 - DINNER

MONDAY

22ND NOV

08:00 - - 09:00 - BREAKFAST
10:00 - 11:30 - TRAINING & MATCH PREP
12:00 - 13:30 - LUNCH
14:00 - 18:00 - REST AND RECOVER
18:30 - 19:30 - DINNER

FRIDAY

19TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - TRAINING (POSITION
SPECIFIC DRILLS)
12:00 - 13:30 - LUNCH
16:00 - 18:00 - INJURY PREVENTION
AND CORE WORK
19:30 - 20:00 - DINNER

SUNDAY

21ST NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - INJURY PREVENTION AND
CORE WORK
12:00 - 13:30 - LUNCH
18:00 - 19:00 - INDUCTION
20:00 - 21:00 - DINNER

TUESDAY

23RD NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - MATCH MEETING
12:00 - 13:30 - LUNCH
14:00 - 14:15 - DEPART
16:00 - 18:00 - TRIAL MATCH
20:30 - 21:30 - DINNER



WEDNESDAY

24TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 12:00 - MASSAGE AND
RECOVERY
12:00 - 13:30 - LUNCH
13:30 - 18:00 - FREE TIME
18:30 - 19:30 - DINNER

FRIDAY

26TH NOV

07:00 - 08:00 - BREAKFAST
08:00 - 08:15 - DEPART
09:00 - 12:00 - SHOWCASE PROGRAM
14:00 - 15:00 - LUNCH
18:00 - 20:00 - FREE TIME
19:00 - 20:00 - DINNER

SUNDAY

28TH NOV

08:00 - 09:00 - *BREAKFAST*
10:00 - 11:00 - *MEET TEAM*
12:00 - 13:30 - *LUNCH*
16:00 - 18:00 - *OFFICIAL TEAM TRIAL*
TRAINING
18:30 - 19:30 - *DINNER*

THURSDAY

25TH NOV

08:00 - 09:00 - BREAKFAST
10:00 SWIMMING & GYM
12:00 - 13:30 - MAIN INDUCTION
13:30 - 14:30 - LUNCH
15:00 - 16:30 - TRAINING
18:00 - 19:00 - DINNER

SATURDAY

27TH NOV

07:00 - 08:00 - BREAKFAST
09:00 - 12:00 - SHOWCASE PROGRAM
13:00 - 14:00 - LUNCH & VERDICT
14:00 - 15:00 - GO TO TEAM

MONDAY

29TH NOV

08:00 - 09:00 - *BREAKFAST*
10:00 - 11:00 - *FREE TIME*
12:00 - 13:30 - *LUNCH*
16:00 - 18:00 - *FREE TIME*
18:30 - 19:30 - *DINNER*



TUESDAY

30TH NOV

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - FREE TIME
12:00 - 13:30 - LUNCH
16:00 - 18:00 - OFFICIAL TRIAL
TEAM TRAINING
18:30 - 19:30 - DINNER

WEDNESDAY

1ST DEC

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - FREE TIME
12:00 - 13:30 - LUNCH
16:00 - 18:00 - OFFICIAL
TEAM TRIAL TRAINING
18:30 - 19:30 - DINNER

THURSDAY

2ND DEC

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - FREE TIME
12:00 - 13:30 - LUNCH
16:00 - 18:00 - OFFICIAL
TEAM TRIAL TRAINING
18:30 - 19:30 - DINNER

FRIDAY

3RD DEC

08:00 - 09:00 - BREAKFAST
10:00 - 11:00 - FREE TIME
12:00 - 13:30 - LUNCH
16:00 - 18:00 - OFFICIAL
TEAM TRIAL TRAINING
18:30 - 19:30 - DINNER

SATURDAY

4TH DEC

09:00 - 10:00 - BREAKFAST (BUFFET)
10:00 - 12:00 - LUNCH AND VERDICT MEETINGS
13:00 - CHECK OUT

