

# AFS | NOVEMBER 2026

PLAYER PREP PROGRAM | 2 WEEKS



**POI** SPORTS  
GROUP



# PLAYER PREP PROGRAM

## 2 WEEKS

### SUNDAY

1 NOVEMBER

14:00 - 16:00 - HOTEL CHECK-IN

18:00 - 19:00 - RELAX

19:00 - 21:00 - DINNER

### MONDAY

2 NOVEMBER

07:30 - 08:30 - BREAKFAST

08:00 - DEPART FROM LOBBY

08:30 - 10:00 - PLYOMETRICS / BALL

12:00 - 13:00 - LUNCH

14:00 - 15:00 - SWIMMING (INDIVIDUAL)

17:00 - 18:30 - DINNER

### TUESDAY

3 NOVEMBER

07:30 - 08:30 - BREAKFAST

08:00 - DEPART FROM LOBBY

08:30 - 10:00 - PLYOMETRICS / BALL

12:00 - 12:30 - LUNCH

15:00 - 16:00 - YOGA

17:00 - 18:00 - DINNER

### WEDNESDAY

4 NOVEMBER

07:30 - 08:30 - BREAKFAST

08:00 - DEPART FROM LOBBY

08:30 - 10:00 - PLYOMETRICS / BALL

12:00 - 12:30 - LUNCH

14:30 - 15:30 - FITNESS

17:00 - 18:00 - DINNER





## **THURSDAY**

5 NOVEMBER

06:30 – 07:30 – FITNESS (CONDITIONING)  
10:00 – DEPART FROM LOBBY  
10:30 – 12:00 – PITCH (TRAINING)  
13:00 – 14:30 – LUNCH  
17:00 – 18:00 – DINNER

## **SATURDAY**

17 NOVEMBER

07:30 – 08:30 – BREAKFAST  
10:00 – 11:00 – FITNESS (INDIVIDUAL)  
12:00 – 12:30 – LUNCH  
15:00 – 16:00 – YOGA  
17:00 – 18:00 – DINNER

## **MONDAY**

9 NOVEMBER

07:30 – 08:30 – BREAKFAST  
09:00 – DEPART  
10:00 – 12:00 – TRAINING  
13:00 – LUNCH  
15:00 – 16:00 – INDUCTION (*PM AFS*)  
17:30 – 20:00 – DINNER

## **FRIDAY**

6 NOVEMBER

07:30 – 08:30 – BREAKFAST  
09:00 – 10:00 – SWIMMING  
11:30 – 12:30 – LUNCH  
13:30 – DEPART FROM LOBBY  
14:00 – 15:30 – TRAINING (PITCH)  
17:00 – 18:30 – DINNER

## **SUNDAY**

8 NOVEMBER (FREE DAY)

09:00 – 10:00 – BREAKFAST  
12:00 – 15:00 – LUNCH  
17:30 – 18:30 – DINNER

## **TUESDAY**

10 NOVEMBER

07:00 – 08:00 – BREAKFAST  
08:00 – DEPART  
10:00 – 12:00 – TRIAL MATCH  
14:00 – 15:30 – LUNCH  
16:30 – 17:00 – RECOVERY @ POOL  
18:30 – 20:00 – DINNER

## **WEDNESDAY**

11 NOVEMBER (Free-Day)

08:00 – 09:00 – BREAKFAST

12:00 – 13:30 – LUNCH

17:30 – 18:30 – DINNER

## **FRIDAY**

13 NOVEMBER

08:00 – 09:00 – BREAKFAST

10:00 – 11:00 – FREE TIME

11:30 – 12:30 – LUNCH

13:00 – DEPART

14:30 – 17:00 – SHOWCASE PROGRAM

18:30 – 19:30 – DINNER

## **THURSDAY**

12 NOVEMBER

07:30 – 08:30 – BREAKFAST

09:00 – DEPART

10:30 – 12:30 – TRAINING & MATCH PREP

13:30 – 14:30 – LUNCH

14:30 – 17:30 – REST & RECOVER

17:30 – 18:30 – DINNER

## **SATURDAY**

14 NOVEMBER

06:30 – 07:30 – BREAKFAST

07:30 – DEPART

09:00 – 12:00 – SHOWCASE PROGRAM

13:00 – CHECK OUT

13:15 – 13:45 – LUNCH

14:00 – VERDICT

