

AFS | JULY 2023

PLAYER SCHEDULE | 2 WEEK PROGRAM



BANGKOK



ESTD

2016

AFS

ASIA FOOTBALL SHOWCASE

PLAYER ID TRIAL

2 WEEKS

SUNDAY

16 JULY

16:00 - CHECK-IN

18:00 - 19:00 - DINNER

TUESDAY

18 JULY

08:30 - 09:30 - BREAKFAST (@ PALM BREEZE)

10:00 - 11:00 - REST

11:30 - 12:30 - LUNCH (@ PALM BREEZE)

13:00 - DEPART (@ THE FOUNTAIN)

15:00 - 17:00 - TRIAL MATCH

18:30 - 19:30 - DINNER (@ PALM BREEZE)

MONDAY

17 JULY

07:30 - 08:30 - BREAKFAST (@ PALM BREEZE)

09:00 - DEPART (@ THE FOUNTAIN)

10:00 - 11:30 - TRAINING & MATCH PREP

13:00 - LUNCH @ PALM BREEZE

15:00 - 16:00 - INDUCTION

17:30 - 20:00 - DINNER

WEDNESDAY

19 JULY

08:00 - 09:00 - BREAKFAST
(@ PB & UPDATE L/D MEALS)

09:00 - 09:30 - MEETING & COCONUTS
BY THE POOL

12:00 - 13:30 - LUNCH (@ PALM BREEZE)

13:30 - 17:30 - FREE TIME

17:30 - 18:30 - DINNER (@ PALM BREEZE)



THURSDAY

20 JULY

07:30 - 08:30 - BREAKFAST (@ PALM BREEZE)
09:00 - DEPART (@ THE FOUNTAIN)
10:30 - 12:30 - TRAINING & MATCH PREP
13:30 - 14:30 - LUNCH @ PALM BREEZE
14:30 - 17:30 - REST & RECOVER
17:30 - 18:30 - DINNER

SATURDAY

22 JULY

07:00 - 08:00 - BREAKFAST
08:00 - DEPART (@ THE FOUNTAIN)
09:00 - 12:00 - SHOWCASE PROGRAM
13:00 - CHECK OUT
13:15 - 14:30 - LUNCH & VERDICT (@PB)
15:00 - GO TO TEAM

MONDAY

24 JULY

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

FRIDAY

21 JULY

08:00 - 09:30 - BREAKFAST
10:00 - 11:00 - STRETCHING (GYM)
12:00 - 13:00 - LUNCH (@ PALM BREEZE)
13:10 - DEPART (@ THE FOUNTAIN)
15:00 - 17:00 - SHOWCASE PROGRAM
18:15 - 20:00 - DINNER

SUNDAY

23 JULY

08:00 - 09:00 - *BREAKFAST*
10:00 - 11:00 - *FREE TIME*
12:00 - 14:00 - *LUNCH*
14:00 - 17:30 - *FREE*
17:30 - 18:30 - *DINNER*

TUESDAY

25 JULY

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

26 JULY

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

27 JULY

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

28 JULY

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

29 JULY

09:00 - 10:00 - BREAKFAST 10:00 - 10:00 -

11:00 - FREE TIME

11:30 - 12:30 - LUNCH

12:30 - 13:30 - SIGN OR CHECKOUT