

# AFS | JULY 2023

## PLAYER SCHEDULE | 3 WEEK PROGRAM



**AFS**

ASIA FOOTBALL SHOWCASE

**AFS**  
ASIA FOOTBALL SHOWCASE

# PRO PATHWAY - PROGRAM

**3 WEEKS**

## SUNDAY

9 July @ HT

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

18:00 - 19:00 - RELAX

19:00 - 21:00 - DINNER

## MONDAY

10 July @ BST

08:00 - 09:00 - BREAKFAST

10:00 - DEPART FROM LOBBY

11:00 - 12:30 - PLYOMETRICS / BALL

14:00 - 15:00 - SWIMMING

17:00 - 18:30 - DINNER

## TUESDAY

11 July @ Fitness / BST

07:30 - 08:30 - BREAKFAST

09:00 - 10:00 - FITNESS (CIRCUT)

10:00 - DEPART FROM LOBBY

10:30 - 12:00 - TRAINING (POSITION  
SPECIFIC DRILLS)

12:00 - 12:30 - LUNCH

13:00 - 16:00 - REST

17:00 - 18:00 - DINNER

## WEDNESDAY

12 July @ BST

08:00 - 09:00 - BREAKFAST

09:30 - DEPART FROM LOBBY

10:00 - 11:30 - INTENSE TRAINING

12:00 - 12:30 - LUNCH

14:30 - 15:30 - YOGA

17:00 - 18:30 - DINNER



**AFS**  
ASIA FOOTBALL SHOWCASE



## THURSDAY

13 July @ Fitness / BST

07:30 - 08:30 - BREAKFAST  
09:00 - 10:00 - FITNESS  
(CONDITIONING)  
10:00 - DEPART FROM LOBBY  
10:30 - 12:00 - TRAINING (FINISHING)  
12:00 - 12:30 - LUNCH  
13:00 - 16:00 - REST  
17:00 - 18:00 - DINNER

## SATURDAY

15 July

07:30 - 08:30 - BREAKFAST  
09:00 - 10:00 - FITNESS (INDIVIDUAL)  
12:00 - 12:30 - LUNCH  
13:00 - 14:00 - YOGA  
15:00 - 17:00 - FREE  
17:00 - 18:00 - DINNER

## 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

## FRIDAY

14 July @ BST

08:00 - 09:00 - BREAKFAST  
09:30 - DEPART FROM LOBBY  
10:00 - 11:30 - INTENSE TRAINING  
12:00 - 12:30 - LUNCH  
14:30 - 15:30 - SWIMMING  
17:00 - 18:30 - DINNER

## SUNDAY

16 July

09:00 - 10:00 - BREAKFAST  
10:00 - 11:00 - PACK & CHECK-OUT  
12:00 - 15:00 - LUNCH @ MEGA  
BANGNA (SHOPPING)  
16:00 - 17:00 - CHECK-IN (SUMMIT  
WINDMILL)  
17:30 - 18:30 - 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)

## 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)

## 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*

## 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  
TEAM TRIAL TRAINING  
18:30 - 19:30 - 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  
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

## SATURDAY

29 July

09:00 - 10:00 - BREAKFAST  
12:30 - 13:30 - SIGN OR CHECKOUT

## 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

## 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