

AFS | JUNE 2024

PLAYER SCHEDULE | 3 WEEK PROGRAM



AFS

ASIA FOOTBALL SHOWCASE

PRO PATHWAY - PROGRAM

3 WEEKS

SUNDAY

9 JUNE

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

18:00 - 19:00 - RELAX

19:00 - 21:00 - DINNER

MONDAY

10 JUNE

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 JUNE

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 JUNE

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





THURSDAY

13 JUNE

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 JUNE

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 JUNE

07:30 - 08:30 - BREAKFAST (@ THE
FOUNTAIN)
09:00 - DEPART (@ THE FOUNTAIN)
10:00 - 11:30 - TRAINING & MATCH PREP
13:00 - LUNCH @ FOUNTAIN
15:00 - 16:00 - INDUCTION
17:30 - 20:00 - DINNER

FRIDAY

14 JUNE

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 JUNE

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 JUNE

07:00 - 08:00 - BREAKFAST (@ THE
FOUNTAIN)
08:00 - DEPART
10:00 - 12:00 - TRIAL MATCH
14:00 - 15:30 - LUNCH @ FOUNTAIN
16:30 - 17:00 - RECOVERY @ POOL
18:30 - 20:00 - DINNER @ FOUNTAIN

WEDNESDAY

19 JUNE

07:00 - 08:00 - YOGA
08:00 - 09:00 - BREAKFAST (FOUNTAIN)
(@ PB & UPDATE L/D MEALS)
12:00 - 13:30 - LUNCH (FOUNTAIN)
13:30 - 17:30 - FREE TIME
17:30 - 18:30 - DINNER (FOUNTAIN)

THURSDAY

20 JUNE

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

SATURDAY

22 JUNE

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

SUNDAY

23 JUNE

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

MONDAY

24 JUNE

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

TUESDAY

25 JUNE

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 JUNE

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 JUNE

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 JUNE

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 JUNE

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

