

3 MONTH PROGRAM

OVERVIEW

Football Kits	4
Trainings	60
Meals	168
Snack	120
Water	Unlimited
Health Check Up	2
Performance Report	24
Ice Bath	26
Accommodation	95
Airport Transfers	2
GPS Tracker	HP Trainings/Matches
Showcase Program	1
Consultation	Weekly

CENTRAL



ESTD

2016

AFS
ASIA FOOTBALL SHOWCASE

Player Residential Program

3 MONTH PROGRAM
PROFESSIONAL TRAINING



PROGRAM DETAILS

This product is designed to support the player playing in a professional atmosphere while living in accommodation fit for a pro player, having a diet based on an athlete's requirements and training daily to prepare the player best for match performance.

AFS Showcase

The residential program permits full access to the showcase. You will be part of all trainings, recovery and matches with the group. You will be premiered in the Player Scout Catalogue in order to support you first among scouts.

Trials

Coaching

A Professional Coach will be leading, arranging, and performing the training with you. Each training session will be fully designed to fulfill needs of a professional footballer in order to help develop your potential.

Technology

Full set of training Equipment will be provided for each training. (Hurdles, coordination ladder, slalom poles, cones, Parachutes, GPS trackers, weighted vest, rebound wall, more details on equipment provided can be found in the detailed equipment list document).

Right to Vary (Trials & Trainings)

AFS may be delivered by a football club or venue and not directly by AFS, these clubs are subject to changeable requirements in terms of their player recruitment needs, match and training schedules, and availability of coaching and physical resources.

HOSPITALITY

- The apartment provided consists of one bedroom, one living room, one toilet and a small terrace. The bedroom has a double bed and is air conditioned. The living room has a fridge, flat screen TV, two sofa beds, small living room table and is air conditioned. The terrace has a washing machine and clothing rack to dry your clothes. The Condo will have a fitness center and pool. The Club will also have a fitness center.
- You will receive 2 meals a day, Lunch and dinner. The meals will be a mix between Thai and International food.
- The apartment will with a short walk to the training grounds.

PRO-PATHWAY PROGRAM ACCOMMODATION AND MEALS STANDARD (SAMPLE)



Chicken tikka masala
with cauliflower rice



Mediterranean wild cod
stew w/ summer vegetables



Chimichurri steak
with sweet potato au gratin



KETO

Piri piri chicken salad
with pecans & strawberries



KETO

SPICY

Beef barbacoa plate
w/ roasted avocado & salsa



KETO

Yellow-fin tuna salad
with sesame seed crusts