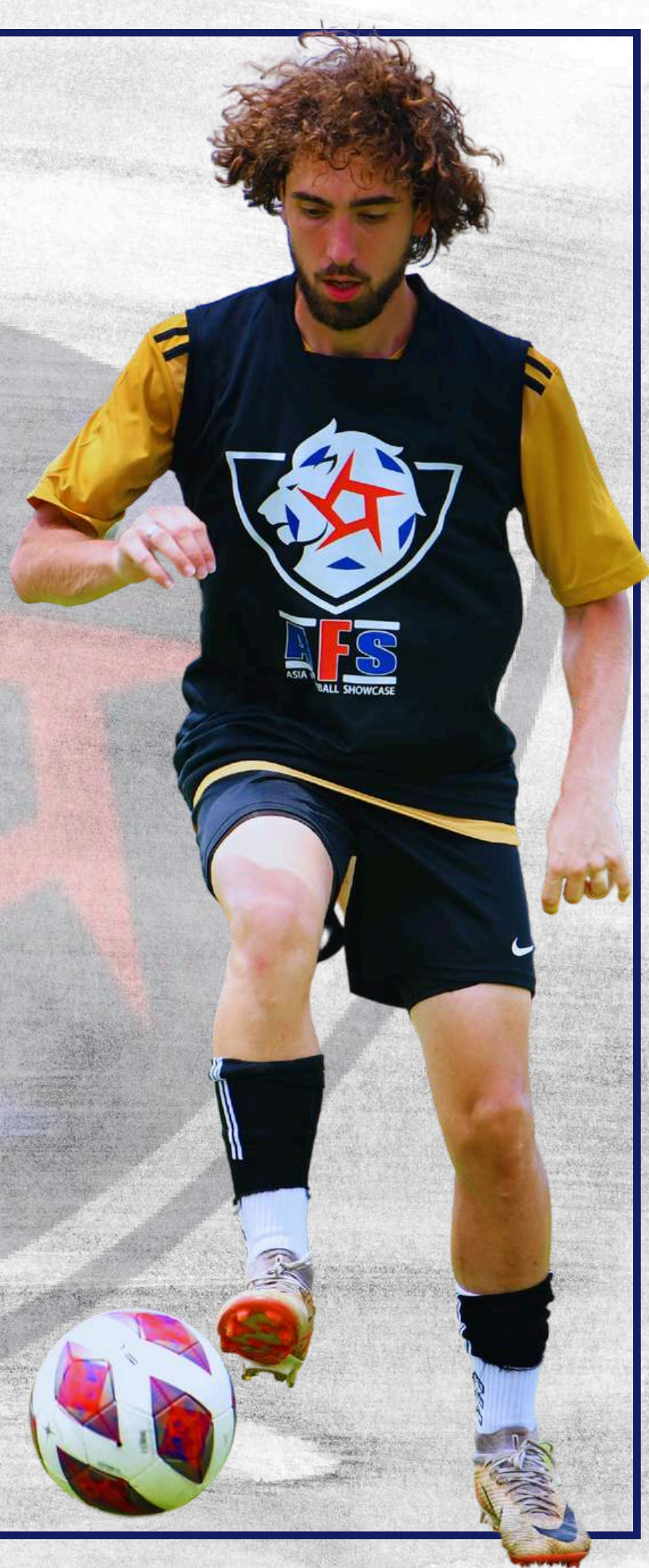
AFS | JULY 2027

PLAYER PREP PROGRAM |2 WEEKS



POI SPORTS GROUP

PLAYER PREP PROGRAM
2 WEEKS

SUNDAY
4 JULY

14:00 - 16:00 - HOTEL CHECK-IN
18:00 - 19:00 - RELAX
19:00 - 21:00 - DINNER

MONDAY
5 JULY

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
6 JULY

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
7 JULY

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
8 JULY

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

FRIDAY
9 JULY

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

SATURDAY
10 JULY

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

SUNDAY
11 JULY (FREE DAY)

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

MONDAY
12 JULY

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

TUESDAY
13 JULY

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
14 JULY (Free-Day)

08:00 - 09:00 - BREAKFAST

12:00 - 13:30 - LUNCH

17:30 - 18:30 - DINNER

THURSDAY
15 JULY

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

FRIDAY
16 JULY

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

SATURDAY
17 JULY

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