

Proposed Itinerary for ZSPORTS Academy UK Tour

Dates: July 2 - July 12, 2025

Location: Granary Court Holiday Cottages, Derbyshire

Day 1: Arrival and Orientation

Date: July 2, 2025

- **Arrival:** Players and staff arrive at [Airport To Be Determined].
 - **Transportation:** Group picked up from the airport and transferred to Granary Court Holiday Cottages.
 - **Check-In:** Unpack, shower, and refresh.
 - **Meals:** Team dinner provided at Granary Court.
 - **Optional Activity:** Light training session or recovery walk to loosen up after travel.
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Day 2: Test Match 1

Date: July 3, 2025

- **Morning:** Breakfast at Granary Court.
 - **Pre-Match Preparation:** Light warm-up session and team briefing.
 - **Afternoon:** **Test Match 1** against [Opponent - To Be Announced].
 - **Evening:** Team dinner and match analysis.
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Day 3: Training Session

Date: July 4, 2025

- **Morning:** Breakfast at Granary Court.
- **Training Location:** [Location - To Be Announced].
- **Focus:** Tactical drills, team cohesion, and fitness enhancement.
- **Evening:** Team dinner and relaxation.

Day 4: Test Match 2

Date: July 5, 2025

- **Morning:** Breakfast and light team warm-up.
 - **Afternoon:** **Test Match 2** against [Opponent - To Be Announced].
 - **Evening:** Rest and team dinner.
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Day 5: Rest and Sightseeing

Date: July 6, 2025

- **Morning:** Breakfast and optional team meeting.
 - **Activity:** Sightseeing in Derbyshire and surrounding areas (e.g., Peak District or local landmarks).
 - **Evening:** Relaxation and informal team bonding at Granary Court.
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Day 6: Stadium Tours

Date: July 7, 2025

- **Morning:** Breakfast and departure for stadium tours.
 - **Activity:** Visits to major stadiums, such as King Power Stadium (Leicester City) and City Ground (Nottingham Forest).
 - **Evening:** Dinner and reflection on the day's experiences.
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Day 7: Training Session

Date: July 8, 2025

- **Morning:** Breakfast and travel to training location.
- **Training Location:** [Location - To Be Announced].
- **Focus:** Position-specific training and strategy.
- **Evening:** Team dinner and relaxation.

Day 8: Test Match 3

Date: July 9, 2025

- **Morning:** Breakfast and light warm-up session.
- **Afternoon:** **Test Match 3** against [Opponent - To Be Announced].
- **Evening:** Dinner and match analysis.

Day 9: Training Session

Date: July 10, 2025

- **Morning:** Breakfast and travel to training location.
- **Training Location:** [Location - To Be Announced].
- **Focus:** Team building, set pieces, and match readiness.
- **Evening:** Team dinner.

Day 10: Test Match 4

Date: July 11, 2025

- **Morning:** Breakfast and warm-up.
- **Afternoon:** **Test Match 4** against [Opponent - To Be Announced].
- **Evening:** Dinner and closing team reflections.

Day 11: Guest Speakers and Scouts

Date: July 12, 2025

- **Morning:** Breakfast at Granary Court.
- **Activity:**
 - **Local Coaches and Scouts:** Keynote sessions and Q&A with local football experts and scouts to motivate players.
- **Evening:** Dinner and informal networking.

Day 12: Closing Stadium Tours

Date: July 13, 2025

- **Morning:** Breakfast and departure for stadium tours.
- **Activity:** Visits to additional stadiums or training grounds.
- **Evening:** Final dinner and trip closure at Granary Court.

Additional Notes

- **Flexibility:** This itinerary is subject to minor adjustments based on the confirmation of opponents, training venues, and local availability.
- **Transportation:** Arranged for all activities, including airport transfers, training sessions, matches, and tours.
- **Meals:** Breakfast, lunch, and dinner provided daily. Special dietary requirements accommodated upon request.
- **Rest and Recovery:** Adequate downtime and recovery sessions integrated to optimize player performance and well-being.