



SAMPLE

7-DAY ITINERARY

- Player Experience -

Monday • Early morning Academy or Gym session Training
- Rest/eat
• Evening Training with competitive Local clubs
- Rest/recuperate

Thursday • Early morning Academy or Gym session Training
- Rest/eat
• Evening Training with competitive Local clubs
- Rest/recuperate

Tuesday • Early morning Academy or Gym session Training
- Rest/eat
• Evening Training with competitive Local clubs
- Rest/recuperate

Friday • Early morning Academy or Gym session Training
- Rest/eat
• Evening Training with competitive Local clubs
- Rest/recuperate

Wednes. • Personal intensive with CFC UEFA Pro Coach JuanMa Pons
- Rest/eat
• Evening Training with competitive Local clubs
- Rest/recuperate

Sat. - Sun. • Early morning Futvolei or Functional Training - Barceloneta + Cultural Visits/City Tour
• Possible Friendlies or possible invitation to play with Sponsor club

Collaborative Partners



- "DO WHAT OTHERS WON'T SO THAT LATER YOUR DOING WHAT THEY CAN'T." -