



THE ACADEMY OF FOOTBALL

by Choices International

THE FOOTBALL ACADEMY WEEKLY PROGRAMME SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
07:30am – 08.30 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00am – 12:00pm	Technical Training session	Technical Training session	Fitness testing/Strength and Conditioning Showcase fixture Post Match Recovery & Analysis	Technical Training session	Technical Training session
12:30pm – 13:30pm	Lunch			Lunch	
14:00pm – 16:00pm	Academic Programme			Academic Programme	
16:00pm – 17:30pm	Academic Programme	Academic Programme		Guest speaker	Academic Programme
17:30pm-18.00pm	Break	Break	Break	Break	Break
18:00pm-19:00pm	Dinner	Dinner	Dinner	Dinner	Dinner

NOTE: Weekly programme may be modified to suit training and /or academic requirements.

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