



THE ACADEMY OF FOOTBALL



THE FOOTBALL ACADEMY NON-ACADEMIC 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 | Gym Session | | | Sports Seminar | |
| 16:00pm – 17:30pm | Break | Break | | Guest speaker | Break |
| 17:30pm-18.00pm | Break | Break | Break | Break | Break |
| 18:00pm-19:00pm | Dinner | Dinner | Dinner | Dinner | Dinner |

NOTE: Example weekly programme may be modified to suit training and /or any other requirements.

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