



WEEK SCHEDULE & ACTIVITIES

| DAY 1 | |
|---------------------|----------------------------------|
| 9:00 AM – 9:45 AM | TEST LEVEL – GROUPS FORMATION |
| 9:45 – 10:00 AM | PEP TALK! / INTERACTIVE DIALOGUE |
| 10:00 AM – 11:00 AM | SPACE AWARENESS – BLAZEPODS |
| 11:00 AM – 11:15 AM | BREAK |
| 11:15 AM – 12:00 PM | DRIBBLING |
| 12:00 PM - 1:00 PM | LUNCH – VIDEOS |
| 1:00 PM – 2:00 PM | DRIBBLING – WEAKER FOOT |
| 2:00 PM – 2:15 PM | BREAK |
| 2:15 PM – 3:00 PM | COMPETITION (SMALL SIDED GAMES) |

| DAY 2 | |
|---------------------|----------------------------------|
| 9:00 AM – 9:15 AM | PEP TALK! / INTERACTIVE DIALOGUE |
| 10:00 AM – 10:30AM | REACTION TIME – BLAZEPODS |
| 1:30 AM – 10:45 AM | BREAK |
| 10:45 AM – 11:15 PM | PASSING |
| 11:15 – 12:00 PM | COMPETITION (SMALL SIDED GAMES) |
| 12:00 PM - 1:00 PM | LUNCH – VIDEOS |
| 1:00 PM – 2:00 PM | PASSING ACCURACY AND VISION |
| 2:00 PM – 2:15 PM | BREAK |
| 2:15 PM – 3:00 PM | COMPETITION (SMALL SIDED GAMES) |

| DAY 3 (SPECIAL GUESTS) | | |
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| TIMES | SABRINA | CHILA |
| 9:00 AM – 10:00 AM | TECHNICAL SESSION | GK – TECHNICAL SESSION |
| 10:00 AM – 11:00 AM | TECHNICAL SESSION | GK – TECHNICAL SESSION |
| 11:00 AM – 12:00 PM | TECHNICAL SESSION | GK – TECHNICAL SESSION |
| 12:00 PM - 1:00 PM | LUNCH – VIDEOS | LUNCH – VIDEOS |
| 1:00 PM – 2:00 PM | TECHNICAL SESSION | GK – TECHNICAL SESSION |
| 2:00 PM – 2:15 PM | BREAK | BREAK |

| DAY 3 (NDA COACHES) | |
|----------------------------|----------------------------------|
| 9:00 AM – 9:15 AM | PEP TALK! / INTERACTIVE DIALOGUE |
| 10:00 AM – 10:30 AM | QUICK TOUCH! – BLAZEPODS |
| 10:30 AM – 10:45 AM | BREAK |
| 10:45 AM – 11:15 PM | AGILITY DRILLS |
| 11:15 AM – 12:00 PM | COMPETITION (SMALL SIDED GAMES) |
| 12:00 PM - 1:00 PM | LUNCH – VIDEOS |
| 1:00 PM – 2:00 PM | SPEED AND AGILITY DRILLS |
| 2:00 PM – 2:15 PM | BREAK |
| 2:15 PM – 3:00 PM | COMPETITION (SMALL SIDED GAMES) |

| DAY 4 | |
|---------------------|--|
| 9:00 AM – 9:15 AM | PEP TALK! / INTERACTIVE DIALOG / ANSWER ?s |
| 10:00 AM – 10:30 AM | SHOOTING |
| 10:30 AM – 10:45 AM | BREAK |
| 10:45 AM – 11:15 PM | SHOOTING ACCURACY AND POWER |
| 11:15 – 12:00 PM | COMPETITION (SMALL SIDED GAMES) |
| 12:00 PM - 1:00 PM | LUNCH – VIDEOS |
| 1:00 PM – 2:00 PM | FINISHING |
| 2:00 PM – 2:15 PM | BREAK |
| 2:15 PM – 3:00 PM | COMPETITION (SMALL SIDED GAMES) |

| DAY 5 | |
|---------------------|--|
| 9:00 AM – 9:15 AM | PEP TALK! / INTERACTIVE DIALOGUE |
| 10:00 AM – 11:00 AM | POSESSION GAMES |
| 11:00 AM – 11:15 AM | BREAK |
| 11:15 AM – 12:00 PM | BALL CONTROL / BALL CUSHIONING TECHINIQUES |
| 12:00 PM - 1:00 PM | LUNCH – VIDEOS |
| 1:00 PM – 2:00 PM | 3 V 3 / 5 V 5 TOURNAMENT |
| 2:00 PM – 2:45PM | 3 V 3 / 5 V 5 FINALS GAMES |
| 2:45 PM – 3:00 PM | AWARD CEREMONY |
| 3:00 PM – 3:30 PM | WATER GAMES |