



# SAMPLE SCHEDULE


## CITY FOOTBALL PERFORMANCE

Complete with 30 hours of football training, interactive workshops and performance tests, players will undergo a series of sessions designed to take their game to the next level, focusing on 3 core areas: Football Performance, Human Performance and Development of Talent.


	09.00 – 10.00	10.30 – 12.00	13.00 – 14.30	15.00 – 16.30	16.30 – 17.00	19.30 – 21.30
SUN			<b>Arrivals, registration and welcome</b>	<b>Welcome induction and Football Squad Introduction</b>		
MON	<b>OFF-PITCH Human Performance</b> • Strength and conditioning for footballers • Injury prevention • Nutrition and hydration requirements	<b>ON-PITCH Creativity</b> Master the ball	<b>OFF-PITCH Human Performance</b> • Introduction to psychology • Understanding personality traits and reaching for success	<b>ON-PITCH Technical session</b> Play with style		
TUE	<b>OFF-PITCH Football Performance</b> • Video Analysis • City's team play and tactics	<b>ON-PITCH Game Play</b> Dominate the game	<b>OFF-PITCH Football Performance</b> Individual development	<b>ON-PITCH Small-sided games</b> Achieve your goal	BREAK Recovery and review	Dinner at the residence Evening activities at the residence
WED	<b>OFF-PITCH Development of Talent</b> Player profiling	<b>ON-PITCH Game preparation</b> Structure and tactics	<b>OFF-PITCH Development of Talent</b> • Self-profiling • Positional understanding	<b>ON-PITCH Game play</b> 11v11 concepts		
THU	<b>OFF-PITCH Human Performance</b> Physical testing	<b>ON-PITCH Physical Testing</b> Endurance, speed, acceleration, agility and power	<b>OFF-PITCH Human Performance</b> Climate testing in the Environmental Chamber (MIHP)	<b>ON-PITCH Small-sided games</b>		
FRI	<b>OFF-PITCH Human Performance</b> Hydrotherapy session in the MIHP	<b>ON-PITCH Recovery</b> Recovery session and review	<b>Etihad stadium tour</b>	<b>Closing ceremony (Etihad Stadium)</b>	<b>Departures</b>	

 Off-pitch: Workshops take part in a variety of locations, including Connell College and the City Football Academy

 On-pitch: Football coaching sessions take place on City Football Academy's outdoor and indoor synthetic pitches

 Evening activities at the residence, such as project nights, sports nights, film nights and games nights

 Departures

 Breaks and meal times

 Weekend activities

Please note this is an example timetable and sessions may vary from what is stated above