



SAMPLE SCHEDULE

CITY FOOTBALL DEVELOPMENT


	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			Arrivals, registration and welcome	Welcome induction and Football Squad Introduction		
MON	OFF-PITCH Nutrition focus • What do you eat?	ON-PITCH Introduction to the City Play model	OFF-PITCH Creative play • Thinking about the game	ON-PITCH Master the ball		
TUE	OFF-PITCH How Man City play • Team set-up	ON-PITCH Play with Style	OFF-PITCH Introduction to video analysis	ON-PITCH Dominate the game	BREAK Recovery and review	Dinner at the residence Evening activities at the residence
WED	OFF-PITCH Player Development	ON-PITCH Achieve your Goal	OFF-PITCH Position analysis and how it relates to you	ON-PITCH Game play and possession		
THU	OFF-PITCH Introduction to skills challenges and testing	ON-PITCH Tournament play • 7v7, 9v9	OFF-PITCH Innovation and interactive play	ON-PITCH Introduction to Futsal		
FRI	OFF-PITCH Recovery overview and importance of relaxation	ON-PITCH Recovery session • Small-sided games	Etiihad stadium tour	Closing ceremony (Etiihad Stadium)	Departures	


 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