

A TYPICAL WEEK TIMETABLE Tottenham Camps

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	New students	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Students can arrive at any time, but preferably in the afternoon.	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00		Workshop (1hr) Anatomy & Injury Prevention	Strength & Conditioning (1hr)	Workshop (1hr) Nutrition	Strength & Conditioning (1hr)	Workshop (1hr) Sport Psychology	Continuing students
10:00	Continuing students ALL DAY EXCURSION City / Seaside Town Visit Visit a local city or seaside town to explore the town / city, visit any local attractions, have a walk along the promenade, go to a café or go shopping.	Football Training Session 1 (2hrs) Theme 1: 1v1 Domination Using speed and skill to elude, evade and advance past an opponent you face.	Football Training Session 1 (2hrs) Theme 2: 1v1 Domination Using twists & turns to elude, evade and advance when you have received the ball with back to goal.	Football Training Session 1 (2hrs) Theme 3: Brilliant Basics Using both feet to pass, receive and move in certain moments of the game.	Football Training Session 1 (2hrs) Theme 4: Overloads How to exploit overloads & decision making.	Football Training Session 1 (2hrs) Theme 5: Finishing How to score using pace, skill, combinations, movement, and ball striking on the move.	ALL DAY EXCURSION Tottenham Hotspur Stadium Tour* Visit the Tottenham Stadium located in Tottenham, north London, and have an exclusive behind the scenes guided tour.
		All sessions also include technical DNA (ball juggling, dribbling, running with the ball, skill technique, and combinations).					or
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	London Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square.
13:00		Football Training Session 2 (2hrs) Theme 1: 1v1 Domination Continued	Football Training Session 2 (2hrs) Theme 2: 1v1 Domination Continued	Football Training Session 2 (2hrs) Theme 3: Brilliant Basics Continued	Football Training Session 2 (2hrs) Theme 4: Overloads Continued	Football Training Session 2 (2hrs) Theme 5: Finishing Continued	
15:00		Break	Break	Break	Break	Break	
15:30		Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Games for Assessment	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage Friendship, have fun and get to know your setting.	BSS Experience (1½ hrs) The Cube Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	BSS Experience (1½ hrs) Capture the Flag Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	BSS Experience (1½ hrs) Task Master Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	BSS Experience (1½ hrs) Lanterns Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friend.	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
21:00	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
22:15	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)
23:00	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)