	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
08:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
09:15	New students	Efficient Mover: Warm up, Fitness & Agility					Departing students
09:30 Drinks break within the session	ARRIVAL DAY Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.	Champion Mentality: Technical Training (Skills)					DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.
		Ball mastery & Dribbling.	Passing and Receiving.	Counter Pressing and Counter Attacking.	Shooting, finishing and ball striking.	Skills Test.	
10:30 Drinks break within the session		Effective Team Player: Tactical Training					
		Dominating 1v1's in & out of possession.	Possession Principles on and off the ball.	Effective Transitioning.	Finishing the attack and decision-making.	Conditioned games and scenarios.	
11:30	Continuing students	Conditioned Match Play				Tournament	Continuing students
12:15	ALL DAY EXCURSION London Walking tour to see some of the famous sites such as Big Ben, Houses of Parliament, Buckingham Palace, Leicester Square, Piccadilly Circus, Trafalgar Square, and Covent Garden.	Life Long Learner: Active Recovery & Performance Review					ALL DAY EXCURSION Emirates Stadium visit and Workshop. Players will learn more about the home of Arsenal FC with an unique guided tour, visit the museum and armoury store. Our campers will also attend an exclusive workshop at the stadium.
12:45		Lunch	Lunch	Lunch	Lunch	Lunch	
14:00		Meeting	Meeting	Meeting	Meeting	Meeting	
14:15		Classroom Workshop					
		Confidence/ Resilence	Growth Mindset	Recovery, Sleep and Load Management	Nutrition & Hydration	Beyond Football Success and Failure	
15:30 Drinks break within the session		Recovery & Rehabilitation					
		Movement Literacy	Running Mechanics	Strength and Conditioning	Prehabilitation and Rehabilitation	Speed, Agility with decision making	
15:30 Drinks break within the session		Advanced Technical Training					
		Attacking Principles	Scanning and Passing	Defending Principles	Advanced Ball Mastery	Positional Roles and Responsibilities	
17:15		Life Long Learner: Active Recovery & Performance Review					
17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:15	Welcome Event	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
19:30	Entertainment: House Party	Entertainment: Icebreakers	Entertainment: Bramball	Entertainment: Local Football Matches	Entertainment: Race Night	Entertainment: Awards Festival	Entertainment: Relaxed Games
21:30	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
From 22:00	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out