

Weekindeling (voorbeeld) - Arsenal Voetbal (fulltime)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30 - 09:00	Arrival	Wake up/ Breakfast					
09:00 - 09:15		Morning meeting					
09:15 - 10:15		Strong Young Gunnar Session					
10:30 - 11:30		Ball Mastery Dribbling & 1v1s	Possession principles: passing & receiving	Transitions: Counter press & Counter attack	Create & Finish the attack: Decision making & Ball striking	Free time	Tournament / Game day
11:45 - 12:45		Free time	Agility, speed, balance, sprint repeatability	Balance, coordination & CV Endurance	Footwork, agility, Speeds, Balance, Sprint repeatability	Every choice, behavior & Day matters	Functional movement
13:00 - 14:00		Lunch					
14:15 - 17:45		Growth mindset, Self reflection, Learning how to be a team player					
18:00 - 19:30		Dinner					Free time