

Weekindeling (voorbeeld) - Engels & Arsenal Voetbal

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast						Theme park
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Placement testing	Functional language				Progress test	
10:30 - 11:30		Skills Development						
11:45 - 12:45		Projects				Lunch		
13:00 - 14:00								
14:15 - 17:45		Agility, speed, balance, sprint repeatability	Balance, coordination & CV Endurance	Footwork, agility, Speeds, Balance, Sprint repeatability	Every choice, behavior & Day matters	Functional movement		
18:00 - 19:30		Dinner						
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration	

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast						Departure
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Placement testing	Functional language				Progress test	
10:30 - 11:30		Skills Development						
11:45 - 12:45		Projects				Lunch		
13:00 - 14:00								
14:15 - 17:45		Ball Mastery Dribbling & 1v1s	Possession principles: passing & receiving	Transitions: Conter press & Counter attack	Create & Finish the attack: Decision making & Ball striking	Free time		
18:00 - 19:30		Dinner						
19:30 - 21:30		Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration	