

Weekindeling (voorbeeld) - Hockey Academy

Week 1	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		Morning Session					
10:30 - 11:30							
11:45 - 12:45							
13:00 - 14:00		Lunch					
14:15 - 17:45		Team preparation, Skills test, Tournament	Midfield play and Switching play, Possession	Attacking overloads, Defensive play, Shooting drills	Attacking / Defending skills 1 v 1s, Topic related games	Player assessment, Core skills, Conditioned games	Theme park or Departure
18:00 - 19:30		Dinner					
19:30 - 21:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration	Relaxation
Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30 - 09:00	City visit or Arrival	Wake up/ Breakfast					
09:00 - 09:15		Morning meeting					
09:15 - 10:15		Morning Session					
10:30 - 11:30							
11:45 - 12:45							
13:00 - 14:00		Lunch					
14:15 - 17:45		Attacking / Defending Skills 1 v 1s, Topic related games	Attacking overloads, Defensive play, Shooting drills	Player assessment, Core skills, Conditioned games	Midfield play and Switching play, Possession	Team preparation, Skills test, Tournament	Departure
18:00 - 19:30		Dinner					
19:30 - 21:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration	