

soccercamp international



..here's a sample day itinerary for our easter camps..



PLUS

Each evening there's a full itinerary of events for the kids inc. film show, video games, quiz evenings And as well as an afternoon tour to Barcelona's famous Camp Nou Stadium!

time	activity
0700	Light jog around the pitches before breakfast
0800	Breakfast in the restaurant
0900 to 1030	Technical drills and exercises
1030 to 1200	Shooting drills and games
1200 to 1230	Stretches and relaxation
1230 to 1300	Freshen-up before lunch
1300 to 1400	Lunch and relaxation time
1400 to 1630	Afternoon session with competitions and matches
1630 to 1730	Chill out and relaxation
1730 to 1900	Football tennis / headers / volleys
1900 to 1930	Stretches + discussion on coaching sessions
1930 to 2000	Freshen up for dinner
2000 to 2100	Dinner
2030 to 2200	Evening programme
2200	Bedtime

www.soccercampinternational.co.uk

