

From the 1st to the 15th of August

KASSA | NGG

SUMMER CAMP



SPAIN

HUELVA

INTERNATIONAL EXPERIENCE

Boys & Girls (Ages: 8–19)

WEEKLY PLANNING



WEEKLY PLANNING



WEEK ONE

***TUESDAY 1:** Arrival Transfer Airport to Hotel

	TUESDAY 1 AUGUST	WEDNESDAY 2 AUGUST	THURSDAY 3 AUGUST	FRIDAY 4 AUGUST	SATURDAY 5 AUGUST	SUNDAY 6 AUGUST	MONDAY 7 AUGUST
08:30h	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00h	SPECIALIZED 1 ON 1 OR SMALL GROUP TRAINING	SPECIALIZED 1 ON 1 OR SMALL GROUP TRAINING	DAY TRIP: AQUA- PARK CARTAYA	SPECIFIC TRAINING PER POSITION	SPECIALIZED 1 ON 1 OR SMALL GROUP TRAINING	SPECIFIC TRAINING PER POSITION	RESORT ACTIVI- TIES
12:00h	BACK TO HOTEL & SHOWER	BACK TO HOTEL & SHOWER		BACK TO HOTEL & SHOWER	BACK TO HOTEL & SHOWER	BACK TO HOTEL & SHOWER	
13:30h	LUNCH	LUNCH		LUNCH	LUNCH	LUNCH	
15:00h	REST & LEISURE	REST & LEISURE		REST & LEISURE	REST & LEISURE	REST & LEISURE	
17:30	SPANISH LESSON & PLAYER ASSESSMENT & INJURY PREVENT	WORKSHOP: VISION/ REACTION & SPEED / MOVE- MENT / BALANCE		SPANISH LESSON & RECOVERY	SPANISH LESSON & MENTAL TOUGH- NEES & LEADERS- HIP & COMMUNI- CATION	SPANISH LESSON & MENTAL TOUGH- NEES & LEADERS- HIP & COMMUNI- CATION	
20:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
21:30h	GROUP MENTAL CONDITIO- NING	WORKSHOP: NU- TRITION	LEISURE	VIDEO ANALYSYS	COACH TRAINING EVALUATION	LEISURE	LEISURE

WEEK TWO

	TUESDAY 8 AUGUST	WEDNESDAY 9 AUGUST	THURSDAY 10 AUGUST	FRIDAY 11 AUGUST	SATURDAY 12 AUGUST	SUNDAY 13 AUGUST	MONDAY 14 AUGUST
08:30h	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00h	SPECIALIZED 1 ON 1 OR SMALL GROUP TRAINING	SPECIFIC TRAINING PER POSITION	DAY TRIP - GRUTA DE LAS MARAVILLAS	SPECIALIZED 1 ON 1 OR SMALL GROUP TRAINING	SPECIFIC TRAINING PER POSITION	SPECIALIZED 1 ON 1 OR SMALL GROUP TRAINING	COACH TRAINING EVALUATION
12:00h	BACK TO HOTEL & SHOWER	BACK TO HOTEL & SHOWER		BACK TO HOTEL & SHOWER	BACK TO HOTEL & SHOWER	BACK TO HOTEL & SHOWER	
13:30h	LUNCH	LUNCH		LUNCH	LUNCH	LUNCH	
15:00h	REST & LEISURE	REST & LEISURE		REST & LEISURE	REST & LEISURE	REST & LEISURE	
17:30	SPANISH LESSON & KARTING CARTAYA	GROUP PHYSICAL CONDITIONING		SPANISH LES- SON & VIDEO ANALYSYS & MEN- TAL TOUGHNEES	SPANISH LESSON & PADDLE SURF / KAYAK - EL ROM- PIDO	SPANISH LESSON & WORKSHOP. VISION/ REACTION & SPEED / MOVE- MENT / BALANCE	
20:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
21:30h	WORKSHOP. PRESS CONFE- RENCE & SOCIAL MEDIA	GROUP MENTAL CONDITIONING	LEISURE	VIDEO ANALYSYS	COACH TRAINING EVALUATION	LEISURE	LEISURE

*TUESDAY 15: Breakfast / Departure / Transfer Hotel to Airport



**DO YOU WANT
TO ENJOY AN
UNFORGETTABLE
INTERNATIONAL
EXPERIENCE?**



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