

AFS | NOVEMBER 2025

PLAYER PREP PROGRAM | 2 WEEKS



POI GROUP



PLAYER PREP PROGRAM

2 WEEKS

SUNDAY

9 November

14:00 – 16:00 – HOTEL CHECK-IN

18:00 – 19:00 – RELAX

19:00 – 21:00 – DINNER

TUESDAY

11 November

07:30 – 08:30 – BREAKFAST

08:30 – DEPART FROM LOBBY

09:00 – 10:00 – TRAINING (PITCH)

12:00 – 12:30 – LUNCH

15:30 – 16:00 – YOGA (POOL)

17:00 – 18:00 – DINNER

MONDAY

10 November

07:30 – 08:30 – BREAKFAST

08:30 – DEPART FROM LOBBY

09:00 – 10:00 – PLYOMETRICS / BALL

12:00 – 13:00 – LUNCH

14:00 – 15:00 – SWIMMING (INDIVIDUAL)

17:00 – 18:30 – DINNER

WEDNESDAY

12 November

07:30 – 08:30 – BREAKFAST

08:30 – DEPART FROM LOBBY

09:00 – 10:00 – TRAINING (PITCH)

12:00 – 12:30 – LUNCH

14:30 – 15:30 – FITNESS

17:00 – 18:00 – DINNER





THURSDAY

13 November

07:30 – 08:30 – BREAKFAST

09:00 – 10:00 – FITNESS (CONDITIONING)

10:30 – DEPART FROM LOBBY

11:00 – 12:00 – TRAINING (FINISHING)

13:00 – 14:30 – LUNCH

17:00 – 18:00 – DINNER

SATURDAY

15 November

07:30 – 08:30 – BREAKFAST

10:00 – 11:00 – FITNESS (INDIVIDUAL)

12:00 – 12:30 – LUNCH

13:00 – 14:00 – YOGA (POOL)

17:00 – 18:00 – DINNER

MONDAY

17 November

07:30 – 08:30 – BREAKFAST

09:00 – DEPART

10:00 – 11:00 – TRAINING

13:00 – LUNCH

15:00 – 16:00 – INDUCTION (*PM AFS*)

17:30 – 20:00 – DINNER

FRIDAY

14 November

07:30 – 08:30 – BREAKFAST

09:00 – 10:00 – SWIMMING

12:00 – 13:00 – LUNCH

14:30 – 15:30 – TRAINING (PITCH)

17:00 – 18:30 – DINNER

SUNDAY

16 November (FREE DAY)

09:00 – 10:00 – BREAKFAST

12:00 – 15:00 – LUNCH

17:30 – 18:30 – DINNER

TUESDAY

18 November

07:00 – 08:00 – BREAKFAST

08:00 – DEPART

10:00 – 12:00 – TRIAL MATCH

14:00 – 15:30 – LUNCH

16:30 – 17:00 – RECOVERY @ POOL

18:30 – 20:00 – DINNER

WEDNESDAY

19 November (Free-Day)

08:00 – 09:00 – BREAKFAST

12:00 – 13:30 – LUNCH

17:30 – 18:30 – DINNER

THURSDAY

20 November

07:30 – 08:30 – BREAKFAST

09:00 – DEPART

10:30 – 12:30 – TRAINING & MATCH PREP

13:30 – 14:30 – LUNCH @

14:30 – 17:30 – REST & RECOVER

17:30 – 18:30 – DINNER

FRIDAY

21 November

08:00 – 09:00 – BREAKFAST

10:00 – 11:00 – FREE TIME

12:00 – 13:30 – LUNCH

15:00 – 17:00 – SHOWCASE PROGRAM

18:30 – 19:30 – DINNER

SATURDAY

22 November

07:00 – 08:00 – BREAKFAST

08:00 – DEPART

09:00 – 12:00 – SHOWCASE PROGRAM

13:00 – CHECK OUT

13:15 – 13:45 – LUNCH

14:00 – VERDICT

