






ADVANCED PLAYER CENTRE STRUCTURE



	0900-0915	0915-1045 SESSION 1	1045-11	1100-1230 SESSION 2	1230-1315	1315-1445 SESSION 3	1445-1500
Monday 	REGISTRATION	Player Testing SSG Technical Practice - Control & Passing	BREAK	Theme - Building from the Back Warm Up Games SSG Skills Practice	LUNCH	Tactical Analysis & Conditioned Games	SIGN OUT
Tuesday 	REGISTRATION	Theme - Creative Attacking Play Warm Up Games SSG Skills Practice	BREAK	Theme - Defending Overloads Warm Up Games SSG Skills Practice	LUNCH	Player Profiling & Player Led Games	SIGN OUT
Wednesday 	REGISTRATION	Theme - Passing with Purpose Warm Up Games SSG Skills Practice	BREAK	Theme - Attacking Overloads Warm Up Games SSG Skills Practice	LUNCH	Nutrition Workshop and Scenario Games	SIGN OUT
Thursday 	REGISTRATION	Theme - Control the Game Warm Up Games SSG Skills Practice	BREAK	Theme - Transitions Warm Up Games SSG Skills Practice	LUNCH	The Role of a Scout & Conditioned Games	SIGN OUT
Friday 	REGISTRATION	Player Testing SSG Technical Practice - Crossing & Finishing	BREAK	Theme - Finishing Warm Up Games SSG Skills Practice	LUNCH	FOOTBALL FRIDAYS	SIGN OUT