

Weekly Schedule

Day 1:

- Arrival & Introduction
- Group Lunch & Dinner: Overview of the camp

Day 2:

- Individual Breakfast at Villa
- Morning Gym Session: Musculoskeletal Assessment for each Athlete
- Group Lunch at Villa
- Afternoon at Villa: Introduction to Corrective Stretches + Light Run
- Group Dinner at Villa
- Free Evening

Day 3:

- Individual Breakfast at Villa
- Morning Gym Session: Program A
- Group Lunch at Villa
- Afternoon On-Field: Coordination, First Step Mechanics
- Group Dinner at Villa
- Physiotherapy Before or After Dinner
- Free Evening

Day 4:

- Individual Breakfast at Villa
- Morning Gym Session: Program B
- Group Lunch at Villa
- Afternoon On-Field: Coordination, Stability
- Group Dinner at Villa
- Physiotherapy Before or After Dinner
- Free Evening

Day 5:

- Individual Breakfast at Villa
- Morning Gym Session: Program C
- Group Lunch at Villa
- Afternoon On-Field: Lateral Movement, Change of Direction, Agility
- Group Dinner at Villa
- Physiotherapy Before or After Dinner
- Free Evening

Day 6:

- Individual Breakfast at Villa
- Morning Gym Session: Program A
- Group Lunch at Villa
- Early Afternoon On-Field: Jumping and Landing Mechanics, Plyometrics
- Physiotherapy Before Dinner
- Early Group Dinner at Villa
- Sports Event e.g. Inter Miami Match

Day 7:

- Morning at Villa: Yoga/Meditation/Recovery Session
- Group Breakfast at Villa
- Physiotherapy/Thai Massage
- Free Day
- Meals as Desired

Day 8:

- Individual Breakfast at Villa
- Morning Gym Session: Program B
- Group Lunch at Villa
- Afternoon On-Field: Sprint Mechanics, Agility
- Group Dinner at Villa
- Physiotherapy Before or After Dinner
- Free Evening

Day 9:

- Individual Breakfast at Villa
- Morning On-Field: Endurance
- Group Lunch at Villa
- Afternoon Gym Session: Program C
- Physiotherapy
- Closing Evening at a Local Restaurant/Bar

Day 10:

- Free Day According to Travel Schedule

Note:

Gym sessions are conducted on an individual basis at DBC Miami.

On-Field sessions are conducted as group sessions.

This schedule provides a clear daily breakdown of activities, making it easy for participants to understand the structured yet flexible nature of the camp.

Schedule as well as training programming serve as an example and are subject to change.