

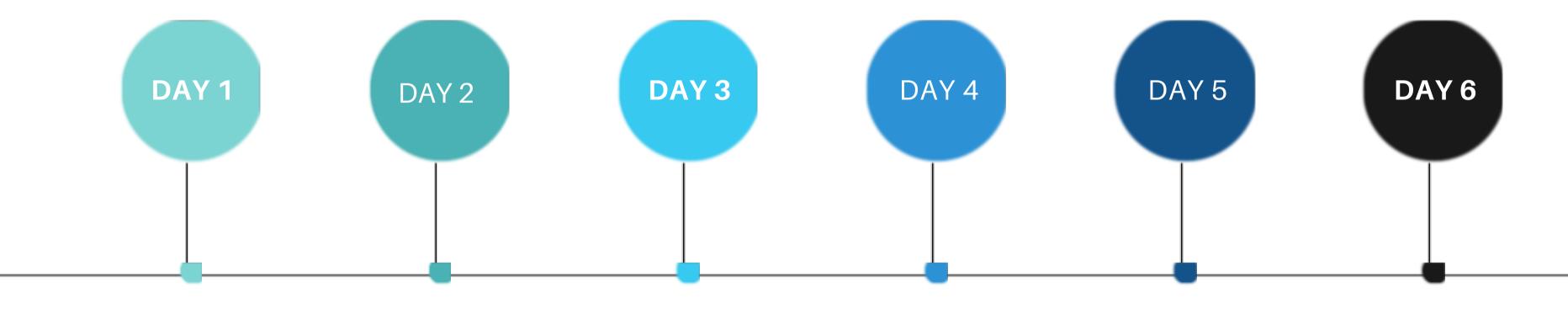
## AYIA NAPA Like a pro summer soccer camp for U.S athletes





#### TRAINING SESSION 1 7 AM PERFORMANCE

#### OUR EXERCISE PHYSIOLOGIST WILL DETERMINE INDIVIDUAL DAILY TRAINING LOADS BASED ON ATHLETE ASSESSMENTS AGE AND LEVEL



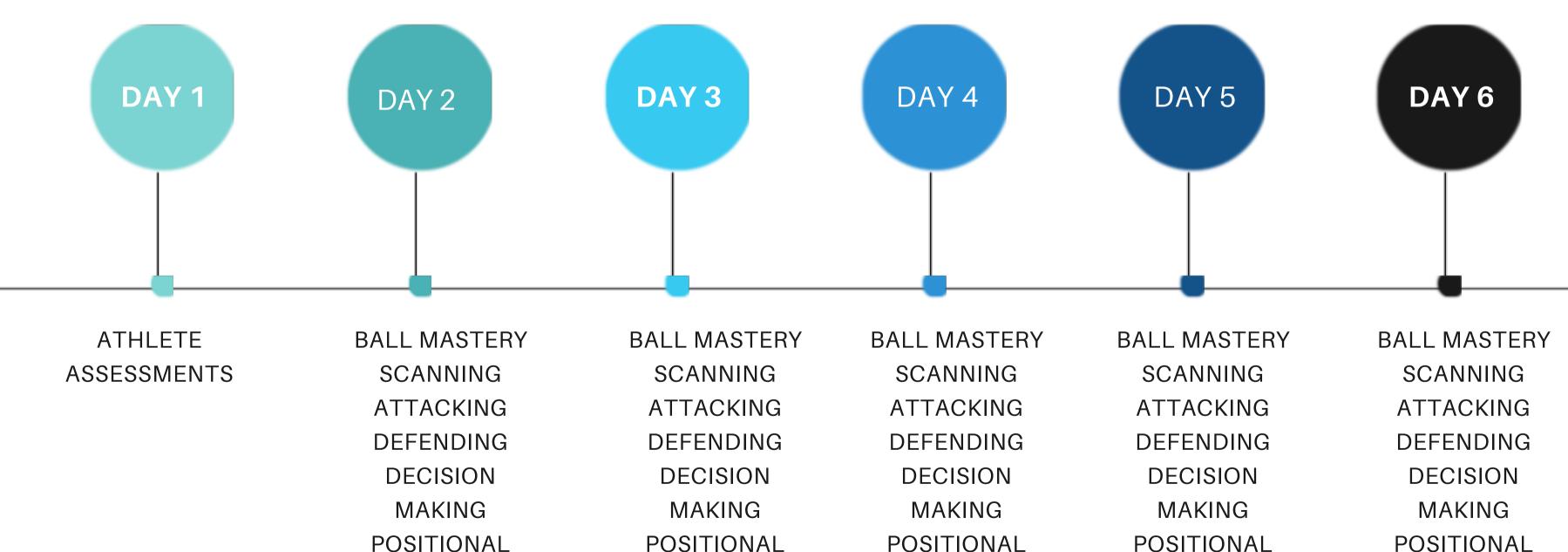
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#### **TRAINING SESSION 2 6 PM TECHNICAL ABILITY AND INDIVIDUAL TACTICAL POSITIONING**

A COMPLEX PROGRESSION FOCUSED ON INDIVIDUAL STRENGTHS AND WEAKNESSES



ROLE

ROLE

ROLE

FERY	BALL MASTERY	BALL MASTERY	
IG	SCANNING	SCANNING	
NG	ATTACKING	ATTACKING	
NG	DEFENDING	DEFENDING	
N	DECISION	DECISION	
ĥ	MAKING	MAKING	
AL	POSITIONAL	POSITIONAL	
	ROLE	ROLE	

#### **SCHEDULE WEEK 1**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
ATHLETE ASSESSMENTS	7 AM TRAINING SNACK				
FITNESS ASSESSMENTS	9:30 AM BREAKFAST				
SKILL ABILITY ASSESSMNETS	REST AND FREE TIME				
MSK BIOMECHANICAL STRENGTH ASSESSMENTS	1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING				
COGNITIVE ASSESSMENTS	6 PM TRAINING				
SPEED ASSESSMENTS	8: 30 PM DINNER FREE TIME TILL LIGHTS OUT	8: 30 PM DINNER FREE			

#### SCHEDULE WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
7 AM TRAINING SNACK					
9:30 AM BREAKFAST					
REST AND FREE TIME					
1:30 PM LUNCH SNACKS ALSO AVAILABLE PRIOR TO TRAINING					
6 PM TRAINING					
8: 30 PM DINNER FREE TIME TILL LIGHTS OUT	8: 30 PM DINNER FREE				

### **RECOVERY DAY & EXCURSIONS DAY 7**

8 AM	8:30	10:30	12:30	8:30	
BREAKFAST	AQUA RECOVERY	MEDUSA CRUISE AROUND THE ISLAND	WATERSPORTS	DINNER	
	CRYOTHERAPY	LUNCH PROVIDED	BEACH		
	STEAM		REST AND FREE TIME		
	JACUZZI				
	SAUNA				
	AQUA RUNNING AND BICYCLE				

# **CAMP DATES 2024**

SUMMER CAMP Monday July 1 - Monday July 15, 2024 Tuesday July 16 - Tuesday July 30, 2024

#### Cost per Student Athlete 15 day camp

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Adult 1 or 2 adults **High School** 50 % will be female



**Collegiate** 50 % will be male



# euro 3,300

Please contact our travel agent located in Chicago for airfare