

PROGRAMACIÓN MICROCICLO

**CASVI
FOOTBALL ACADEMY**

2021



ONE WEEK SCHEDULE

THIS PROPOSAL IS FLEXIBLE AND WOULD BE ADAPTED TO NECESSITIES, REQUIREMENTS AND/OR WISHES.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
07.45 - 08.00 AM	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	07.45 - 08.00 AM	WAKE UP	WAKE UP
08.00 - 09.00 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	08.00 - 09.00 AM	BREAKFAST	FREE TIME
09.00 - 12.15 PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	09.00 - 12.15 PM	POWER TRAINING GYM	
12.30 - 01.00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12.30 - 01.00 PM	LUNCH	LUNCH
01.10 - 02.00 PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	01.10 - 02.00 PM		FREE TIME
02.00 - 02.45 PM	PREPARATION TIME FOR TRAINING	PREPARATION TIME FOR TRAINING	PREPARATION TIME FOR MATCH	PREPARATION TIME FOR TRAINING	PREPARATION TIME FOR TRAINING	02.00 - 02.45 PM	BREAK TIME	GROUP COHESION AND CULTURAL ACTIVITIES
02.45 - 03.15 PM	PREVENTION AND PHYSICAL TRAINING	VIDEO ANALYSIS SESSIONS		PREVENTION AND PHYSICAL TRAINING	VIDEO ANALYSIS SESSIONS	02.45 - 03.15 PM		
03.15 - 04.45 PM	FOOTBALL TRAINING	FOOTBALL TRAINING		FOOTBALL TRAINING	TRAINING WITH FORMER LFP PLAYERS	03.15 - 04.45 PM	GROUP COHESION AND CULTURAL ACTIVITIES	
05.00 - 06.00 PM	PHIOTHERAPY	ON-LINE CLASS	MATCH AGAINST SPANISH ACADEMY	PHIOTHERAPY	ON-LINE CLASS	05.00 - 06.00 PM		
06.15 - 08.00 PM	STUDYING TIME			STUDYING TIME		06.15 - 08.00 PM		
08.00 - 08.45 PM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	08.00 - 08.45 PM	FREE TIME	FREE TIME
08.45 - 09.30 PM	DINNER	DINNER	DINNER	DINNER	DINNER	08.45 - 09.30 PM	DINNER	DINNER
09.30 - 10.30 PM	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	09.30 - 10.30 PM	FREE TIME	FREE TIME
10.30 PM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	10.30 PM	SLEEP	SLEEP

REGULAR WEEK IN CASVI FOOTBALL ACADEMY



**WISHING IS
NOT ENOUGH
YOU MUST DO.**

