



# GLENN HODDLE ACADEMY

## Residential Football Programmes in Spain

### A sample week at GHA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am	<b>Breakfast</b>						
10.00am	Pitch based fitness training session <i>(All sessions structured with warm up drills and warm down)</i>	Pitch based technical session	Pitch based technical session	Light Pitch based technical session followed by Penalty shoot out / crossbar challenge	Pitch based technical session	Light gym session / technical session.	Free Time (enjoy facilities at El Sabio)
11.00am					Pool Warm Down		
12.00 noon							
1.00pm	<b>Lunch</b>						
3.00pm	Pitch based technical training session  Individual assessments	Gym based circuit training  BMI test and body fat etc.	Match Day / Assessment Day Pre-match session. Regular match on stadium pitch	Classroom based sessions: football physiology/ learning the laws of the Game / tactics / fitness and nutrition / Spanish language	Fun afternoon light warm up followed by - competition Basketball / 5-a-side. Keepy-ups / heading tennis	Watch a local game live (or Sunday depending on fixtures)  <i>(end of course tournament in final week)</i>	Excursion (or Saturday)
4.00pm							
6.00pm	<b>Free time</b>						
7.00pm	<b>Dinner</b>						
8.00pm	Spanish league game & discussion Live TV	Free time	Film Night	Match review / assessment review	Quiz Night	Spanish league game & discussion. Live TV  <i>(closing dinner and presentations in final week)</i>	Free time

*The GHA Evaluation and Development programme for those aged 16-19 lasts one month with structured progression each week. A two week Easter soccer camp will be offered for 14-16 year olds. The Easter programme will be carefully adapted to take into account the shorter duration of the programme and the younger age of the participants.*