

# A TYPICAL DAY

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## MONDAY - THURSDAY

- 7:30 ● Wake up + Shower
- 8:00 ● Breakfast
- 8:30 ● Transportation to the PSG Campus
- 9:00 ● Training #1
- 11:00 ● Lunch
- 12:00 ● Pro Development Conference (PSG philosophy, PSG game model, Video Analysis, Introduction to the invisible training, PSG Game formation)
- 1:00 ● Training #2
- 3:00 ● Snack + transportation to the hotel
- 3:30 ● Pool / Rest / Team building activities
- 5:00 ● English Class
- 7:00 ● Dinner
- 8:00 ● Free Time / Movie Night
- 10:00 ● Curfew

## FRIDAY

- 7:30 ● Wake up + Shower
- 8:00 ● Breakfast
- 8:30 ● Transportation to the PSG Campus
- 9:00 ● Tournament
- 12:00 ● Lunch
- 12:30 ● Individual meetings with the technical director
- 2:30 ● Closure/Awards Ceremony
- 3:00 ● Transportation to the hotel
- 3:30 ● Pool / Rest / Team building activities
- 5:00 ● English Class
- 7:00 ● Night Out
- 10:00 ● Curfew

WEEK  
END

## SATURDAY

- 8:30 ● Wake up + Shower
- 9:00 ● Breakfast
- 9:30 ● Transportation to the beach
- 10:00 ● Beach soccer
- 12:30 ● Lunch
- 1:30 ● Water Park
- 6:30 ● Transportation to the hotel
- 7:00 ● Dinner
- 8:00 ● Free Time
- 10:00 ● Curfew

## SUNDAY

- 8:30 ● Wake up + Shower
- 9:00 ● Breakfast
- 9:30 ● Transportation to the Everglades
- 10:00 ● Everglades tour
- 12:30 ● Lunch
- 1:30 ● Mall Shopping
- 3:30 ● Bowling
- 5:00 ● Transportation to the hotel
- 5:30 ● Pool / Rest / Team building activities
- 7:00 ● Dinner
- 8:00 ● Free Time
- 10:00 ● Curfew

# FULL SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30		Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast			Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast
8:00													
8:30		Transportation to the field	Transportation to the field	Transportation to the field	Transportation to the field	Transportation to the field	Wake up + Shower + Breakfast	Wake up + Shower + Breakfast	Transportation to the field	Transportation to the field	Transportation to the field	Transportation to the field	Transportation to the field
9:00		Opening Ceremony	Training #3	Training #5	Training #7	Tournament	BEACH SOCCER	EVERGLADES TOUR	Opening Ceremony	Training #11	Training #13	Training #15	Tournament
9:30													
10:00		Training #1: Physical/technical Tests	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Training #9: Physical/technical Tests	Lunch	Lunch	Lunch	Lunch
10:30													
11:00													
11:30													
12:00		Conf #1: Paris Saint-Germain Philosophy (1/2)	Conf #2: PSG Game Model / Video Analyze #1	Conf #3: Introduction to Invisible Training (1/2)	Conf #4: PSG Game formations / Video Analyze #2	Lunch	Lunch	Lunch	Conf #1: Paris Saint-Germain Philosophy (2/2)	Conf #2: PSG Game Model / Video Analyze #3	Conf #3: Introduction to Invisible Training (2/2)	Conf #4: PSG Game formations / Video Analyze #4	Lunch
12:30													
1:00		Training #2	Training #4	Training #6	Training #8	Individual session with Technical Director	Lunch	Lunch	Training #10	Training #12	Training #14	Training #16	Individual session with Technical Director
1:30													
2:00													
2:30													
3:00		Snack	Snack	Snack	Snack	Closure Ceremony			Snack	Snack	Snack	Snack	Closure Ceremony
3:30		Transportation to the hotel	Transportation to the hotel	Transportation to the hotel	Transportation to the hotel	Transportation to the hotel			Transportation to the hotel	Transportation to the hotel	Transportation to the hotel	Transportation to the hotel	Transportation to the hotel
4:00		Pool / Rest / Team building activities	Pool / Rest / Team building activities	Pool / Rest / Team building activities	Pool / Rest / Team building activities	Pool / Rest / Team building activities	WATER PARK	BOWLING	Pool / Rest / Team building activities	Pool / Rest / Team building activities	Pool / Rest / Team building activities	Pool / Rest / Team building activities	HOTEL CHECKOUT
4:30													
5:00													
5:30													
6:00													
6:30	HOTEL CHECK IN / MEET & GREET	Language class	Language class	Language class	Language class	Language class		Pool / team building activities	Language class	Language class	Language class	Language class	
7:00													
7:30	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8:00													
8:30													
9:00	Free Time	Free Time	MOVIE NIGHT	Free Time	PRESENTATION TO PSG PRO RESIDENCY	NIGHT OUT	Free Time	Free Time	Free Time	MOVIE NIGHT	Free Time	PRESENTATION TO PSG PRO RESIDENCY	
9:30													
10:00	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew

