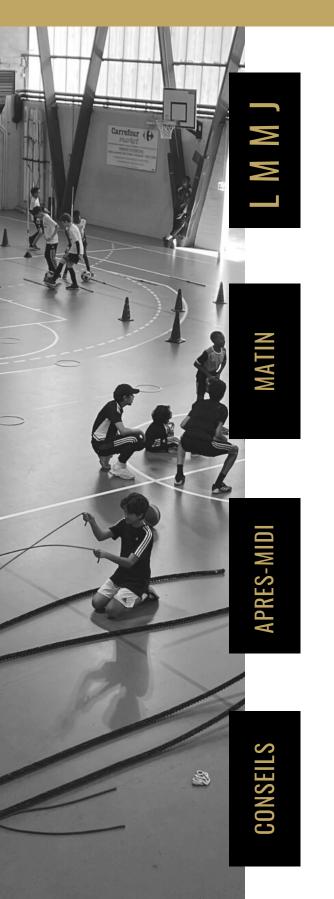
TRAINING CAMP PROGRAM



10:00 PLAYERS ARRIVE

10:30 START OF TRAINING CAMP

12:30 LUNCH BREAK

14:30 TRAINING CAMP RESUMES

17:00 END

MUSCLE STRENGTHENING WORKOUT WITH AND WITHOUT LOAD PLYOMETRIC TRAINING

TECHNICAL REINFORCEMENT TACTICAL WORK

COME MOTIVATED
SLEEP AND EAT WELL