

Provisional Timetable – International Football Summer School

date	10:00 - 12:00	12:00 - 13:00	13:00-15:00	17.00 – 20.00
Monday 17/07/2017	Registration		Welcome Event	
Tuesday 18/07/2017	Welcome - Finding your football feet. Cardiff Met Football Ethos	lunch	Developing Technical Skills	Goal-setting - Homework
Wednesday 19/07/2017	Social Trip			
Thursday 20/07/2017	Strength & Conditioning for Football	lunch	Developing Tactical Awareness	Fixture v Cardiff Schools
Friday 21/07/2017	Injury Prevention, Management & Re- habilitation	lunch	Player Performance Analysis	Coaching session - Homework
Saturday	Weekend			Fixture v Cardiff Met XI
Sunday				
Monday 24/07/17	Sport Psychology & Goal Setting	lunch	Swansea City F.C. Visit	Video Analysis - Homework
Tuesday 25/07/17	The Coaching Process	lunch	Business & Management of Football	Self-reflection - homework
Wednesday 26/07/17	Social Trip			
Thursday 27/07/17	Planning Your Football Future	lunch	Cardiff City F.C. Visit	Fixture v Cardiff Youth Select
Friday 28/07/17	Cultural event		Farewell ceremony	