



AMITY UNITED FOOTBALL CLUB

FOOTBALL SUMMER CAMP '09

A Typical Programme for the Day

S. No.	Time	Events	Responsibility	Remarks
1.	06:30 am 06:45 am	Roll Call		
2.	06:45 am 07:30 am	Warming up and Fitness Exercises		
3.	07:30 am 08:30 am	Coaching Session		
4.	08:30 am 09:30 am	BREAKFAST		
5.	09:30 am 10:30 am	Lecture on Game of Football & Football Rules		
6.	10:30 am 12:00 pm	Lecture on General Subjects		
7.	12:00 pm 12:30 pm	Bath		
8.	01:00 pm 02:00 pm	LUNCH		
9.	02:00 pm 04:00 pm	Silent Period		
10.	04:00 pm 04:30 pm	Tea		
11.	04:30 pm 06:30 pm	Coaching/Game		
12.	06:30 pm 08:30 pm	Rest/Indoor Games/Movie on Video		
13.	08:30 pm 09:30 pm	DINNER		
14.	09:30 pm	Lights out		