

ADVANCED NATIONAL DIPLOMA



TIMES	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 9:00 AM		FUNCTIONAL TRAINING: PLAYING OUT OF THE BACK	PHASE PLAY: PLAYING FROM BACK TO MIDDLE THIRD
9:15 AM - 10:15 AM		FUNCTIONAL TRAINING: DEFENDING IN THE FINAL THIRD	PHASE PLAY: DEFENDING IN THE OPPONENT'S HALF
10:30 AM - 11:30 AM		FUNCTIONAL TRAINING: PLAYING THROUGH THE MIDFIELD	PHASE PLAY: PLAYING FROM MIDFIELD TO ATTACKING THIRD
11:45 AM - 12:45 PM		FUNCTIONAL TRAINING: DEFENDING IN THE MIDFIELD	PHASE PLAY: DEFENDING IN YOUR OWN HALF
12:45 AM - 1:45 PM		LUNCH	LUNCH
2:00 PM - 3:00 PM	CHECK-IN	FUNCTIONAL TRAINING: PLAYING IN THE FINAL THIRD	PHASE PLAY REVIEW
3:15 PM - 4:15 PM	COURSE OPENING & TEACHING PROCESS	FUNCTIONAL TRAINING: DEFENDING IN THE BACK 1/3	MATCH ANALYSIS AND PRACTICE COACHING PREP
4:30 PM - 5:30 PM	ADVANCED PRINCIPLES OF PLAY AND FUNCTIONAL TRAINING METHODOLOGY	FUNCTIONAL TRAINING REVIEW	CLOSE NO LATER THAN 4 PM
5:30 PM - 6:30 PM	DINNER W/ EDUCATORS	DINNER	
6:45 PM - 7:45 PM	MODEL EDUCATOR SESSION	PHASE PLAY METHODOLOGY	
8:00 PM - 9:00 PM		MATCH ANALYSIS	

LOCATION KEY	FIELD	CLASSROOM
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*EDUCATORS MUST ASSIGN A GAME TO WATCH FOR THE MATCH ANALYSIS ASSIGNMENT

WEEKEND 2

TIMES	FRIDAY	SATURDAY	SUNDAY
8:00 AM - 9:00 AM		PRACTICE COACHING *Peer to Peer Feedback*	FINAL FIELD ASSESSMENTS
9:15 AM - 10:15 AM		PRACTICE COACHING *Peer to Peer Feedback*	FINAL FIELD ASSESSMENTS
10:30 AM - 11:30 AM		PRACTICE COACHING *Peer to Peer Feedback*	FINAL FIELD ASSESSMENTS
11:45 AM - 12:45 PM		PRACTICE COACHING *Peer to Peer Feedback*	FINAL FIELD ASSESSMENTS
12:45 AM - 1:45 PM		LUNCH	LUNCH
2:00 PM - 3:00 PM	LOOKING BACK, LOOKING FORWARD Match Analysis and Practice Coaching Session Plan Due	PRACTICE COACHING *Peer to Peer Feedback*	FINAL FIELD ASSESSMENTS- CLOSE BY 3 PM
3:15 PM - 4:15 PM	GAME AND TEAM MANAGEMENT	Q&A ASSESSMENTS	
4:30 PM - 5:30 PM	PSYCHOLOGY	Q&A ASSESSMENTS	
5:30 PM - 6:30 PM	DINNER	DINNER	
6:45 PM - 7:45 PM	SPORT PERFORMANCE	PRACTICE COACHING FEEDBACK	
8:00 PM - 9:00 PM	ETHICS and Q&A PREP	COURSE CLOSE AND FINAL FIELD ASSESSMENT PREP	