Southampton Cup (Baltimore) proposed camp timetable

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00	Air Travel	Breakfast 08:00-09:00	Breakfast 08:00-09:00	Breakfast 08:00-09:00	Breakfast 08:00-09:00	Breakfast 08:00-09:00	Breakfast 08:00-09:00	Breakfast 08:00-09:00
9.00	Arrive London Heathrow from Baltimore	Travel	Travel	Travel	Travel	Travel	Travel	Trip to Stonehenge
10.00		Benchmarking of all players	U12/U13 v ETC U14/U15 v ETC	Tec – Switching play Tac – Playing out from the back	Tec – Defending (pressing) Tac – In the attacking third		Recovery morning	
11.00	London sightseeing		11.00am kick off	AM/EK Debrief	AM/EK	U12/U13 v SFC Development (London)	AM/EK	
11.45			AM/EK			U14/U15 v SFC Devon (Lee Barrow)		
12.00		Lunch		Lunch	Lunch		Lunch	
13.00	West Ham v SFC match day experience	rest		Tec - Clinical in the final third Tac - Playing through the thirds AM/EK	11v11 practice Target – Distances & interceptions	11.00am kick off	Debrief and analyst	Travel to London Heathrow Airport
13.30		Staplewood training campus tour				AM/EK	AM/EK	
14.00		TB	Lunch	Debrief	AM/EK		Players depart	Check in for departure to Baltimore
14.30		Introduction into "The Southampton Way"		Players travel to stadium			Southampton heritage tour Walls, docks, Mayflower, Tudor House - MS	
15.00		Tec – Passing Tac – Playing out from the back	SFC Player Q&A		Attacking & defending set plays Walk through and video Venue – Staplewood AM/EK	Lunch		
15.30		Venue – Wide lane AM/EK Debrief	Players depart	St Mary's Stadium tour AW		Players depart		
15.45								
16.00			Rest time		Players depart	Southampton FC Exhibition at Sea City Museum		Air travel
16.30				Players depart				
17.00	Travel to Jury's Inn Southampton	Players depart	dinner	Study time 18:00-18:45	Rest time		Dinner	
18:00		Dinner Watch a film at local Showcase movie theatre	Swimming at Southampton Swimming and Diving Centre	Rest time and dinner	Study time 18:00-18:45	Study time 18:00-18:45	Women's International 7pm kick off England V Wales Venue St Marys Stadium Kids to be flag bearers	
19:00					dinner	dinner		
20:00					Rest time	Rest time		
21:00 – 22:00	Prep for next day/Lights out	Prep for next day/Lights out	Prep for next day/Lights out	Prep for next day/Lights out	Prep for next day/Lights out	Prep for next day/Lights out		
23:00							Prep for next day/Lights out	