

# Sample Junior Programme

## SUM 2: AC Milan Camp



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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>09.00-10.00</b>	Level Test	<b>English Lesson:</b> Grammar and Use of English					
<b>10.00-10.15</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
<b>10.15-11.15</b>	Orientation	<b>English Lesson:</b> Reading Skills and Vocabulary Building					
<b>11.15-11.30</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
<b>11.30-12.30</b>	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills		
<b>12.30-13.30</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
<b>Afternoon</b>	Introduction to Milan Coaches Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*		
<b>Evening</b>		<b>Irish Music Night</b>		<b>Bowling</b>			

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>09.00-10.00</b>	Level Test	<b>English Lesson:</b> Grammar and Use of English					
<b>10.00-10.15</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
<b>10.15-11.15</b>	<b>English Lesson:</b> Reading Skills and Vocabulary Building						
<b>11.15-11.30</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
<b>11.30-12.30</b>	<b>English Lesson:</b> Listening and Fluency Skills						
<b>12.30-13.30</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
<b>Afternoon</b>	Soccer Multi -Training Activity Programme*						
<b>Evening</b>		<b>Q-Zar</b>		<b>Disco</b>			

For AC Milan students staying in residence there will be a full evening activity programme included. \*Soccer Multi - Training Activity Programme to include: Passing & Receiving, Shooting, Attacking, Ball Control, Defending, Team Tactics, Positional Sense, Support Play, Creative Play, Skill Display, Goal Keeping & Dribbling.