

FUTURE GIANTS DEVELOPMENT CAMP



2014 FUTURE GIANTS PROGRAM OUTLINE

8:30am: Arrival

9:00am: Introduction: General outline of the day

9:15am: Dynamic Warm-Up + Skills

9:30am: Combine Testing Stations:

- 20m Sprint
- Agility
- Vertical Jump
- Nathan Buckley Kicking Test
- Reaction Time
- Clean Hands Test
- Sprint Recovery
- Flexibility

11:30am: 1km Time Trial

12:00pm: Lunch/Break

12:30pm: Sports Nutrition, Preparation, Career Pathway

1:00pm: Video Skill Analysis/ 'The Recruit' Goal Kicking Test

2:00pm: Break

2:30pm: Captains + Team Announcement

3:00pm: Game

4:00pm: Finish