You can’t fail to be excited by London’s amazing attractions. See the city from above on the London Eye; meet a celebrity at Madame Tussauds; have your picture taken in front of Big Ben, view the home of Her Majesty the Queen at the iconic Buckingham Palace, tour some of the greatest museums on the planet such as the British Museum or come face-to-face with dinosaurs at the Natural History Museum.

Spend a few hours in the British Museum, Tate Modern, Natural History Museum or the Science Museum browsing the collections at no cost.
DAY 1

Arrive into the UK where an executive coach will be waiting to transport you to your accommodation, the arrival day will be a relaxing day to recover from the long journey before starting your 10 day professional training program.

During the evening of the first day your coaches will come and give a talk and training analysis of what you can expect, this is a very informative evening for coaches and players.

DAY 2

Your qualified coaches will take you through your first week of assessments and learn about Sports Science and Sports Medicine - including performance analysis, strength and conditioning and soft tissue.

Throughout the week, video analysis will be undertaken and data for each players personal portal will be built.

After the initial assessment we will have an idea of the skill level of each player which will enable the coaching staff to target key areas of your technique for improvement.

Individual assessment days focussing on your personal fitness and development achievements reached throughout the training program will be discussed and assessed with each player together with coaches.
DAY 3
Your coaches will be increasing the intensity of each players training program based on the individual players abilities.

It is important that our coaches have had plenty of time to work with the players to fine tune the work they have done so far, whilst building each individual’s assessment as each players portal becomes more and more detailed.

DAY 4
Your coaches now have a good idea of each individuals personal portal and video analysis of your time so far on the advanced training camp.

DAY 5
Enjoy a day of relaxation where you will be whisked away to the magical land of Harry Potter with a Warner Bros Studio Tour. You will explore the film sets of the hugely popular Harry Potter series of films.

DAY 6
Your coaches who will put you through your paces at a mid term level, players will already be noticing an improvement in their technical skills as well as more cohesion for team based events.
DAY 7
Your coaching staff will arrange a competition for you during this week against opposition of similar standard, in addition to continuing your coaching program which will see the introduction of technical equipment and assessment programs to monitor your individual abilities and personal strengths.

DAY 8
Enjoy an official sightseeing tour of London on an open top bus. Taking in all of the iconic landmarks of one of the most historic capital cities in the world. There are many free galleries you can visit, housing some of the most famous works of art in the whole world.

DAY 9
Theory coaching on the video analysis will be undertaken together with time away from the pitch/court to understand each person’s achievements to date. An individual assessment of each player’s body and mental strength will now take place.

DAY 10
It’s time to put in place all that you have learned, it is time to show your skills with a monitored game to see the improvement in technique. Video analysis will be compared to earlier analysis at the start of the camp to see how far you have come.