

A DAY AT THE BFT ACADEMY ID CAMP

	TIME		ACTIVITY
01	8:00 AM - 8:30 AM	RISE & SHINE	Players wake up and get ready for the day. Liaison managers check in on everyone.
02	8:30 AM - 9:00 AM	BREAKFAST & FUEL UP	Healthy breakfast served at the hotel, with all dietary needs accommodated.
03	9:00 AM - 9:30 AM	MORNING BRIEFING	Coaches go over the day's focus, whether it's training, diagnostics, or cultural outings.
04	9:30 AM - 10:00 AM	SHUTTLE TO TRAINING FACILITY	Private shuttle to MSV 1919 Neuruppin e.V. for training or assessments.
05	10:00 AM - 12:00 PM	MORNING TRAINING SESSION	Technical drills, ball work, team play – guided by licensed bilingual coaches.
06	12:00 PM - 01:00 PM	LUNCH BREAK	Nutritious meal to recharge before the afternoon.
07	01:00 PM - 03:00 PM	AFTERNOON TRAINING SESSION	Tactics, small games, decision-making and physical development.
08	03:00 PM - 04:00 PM	RECOVERY, GAMES & SNACKS	Stretching, light games, snacks, and fun cooldown routines.
09	04:30 PM - 05:00 PM	SHUTTLE TO HOTEL	Everyone returns to the hotel under staff supervision.
10	05:00 PM - 06:00 PM	FREE TIME / REST	Players can relax, call home, or hang out with teammates.
11	06:00 PM - 09:00 PM	EVENING ACTIVITIES & DINNER	Workshops, sightseeing, tournaments, or movie nights depending on the day.
12	10:00 PM	LIGHTS OUT / SLEEP	Rest time to stay sharp and energized for the next day

SEND US AN EMAIL TO RECEIVE
THE FULL PROGRAM.*

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