

SOUTHAMPTON SELECT TOUR | APRIL 2 – 9, 2023 PLAYER ITINERARY

| TIME | SUN 2 ND APR | MON 3 RD APR | TUES 4 [™] APR | WED 5 [™] APR | THURS 6 TH APR | FRI 7 TH APR | SAT 8 TH APR | SUN 9 TH APR |
|---|---|--------------------------------|---|--|------------------------------|--------------------------------|----------------------------|-------------------------|
| BEFORE 9AM | FLIGHTS ARRIVAL 10.30am Coach Travel / Travelling direct (some) | Breakfast (8am) | Breakfast (8am) Walk to Stadium (9am) | Breakfast (8.30am) | Breakfast (7.30am) | Breakfast (8am) | Breakfast | FLIGHTS |
| 9.30 – 10AM | | Travel to Staplewood | vood Stadium Tour / Megastore (9.30- 11.30am) | Travel to Staplewood | London Depart | Travel to Staplewood | | DEPARTURE 2x Coaches |
| 10 - 10.30AM 10.30 - 11AM 11 - 11.30AM | | POFTB Staplewood | | Switching Play / D&I Staplewood | | Clinical in FT | West Quay Shopping | |
| 11.30 – 12PM | | | | | | | | |
| 12 – 12.30PM | | Lunch (SFC Packed Lunch) | Staplewood Arrival 12.15pm | Depart Staplewood 11.45am (Packed Lunch) | Hotel: 8.30am | Lunch (SFC Packed Lunch) | Walk to Jury's | |
| 12.30 – 1PM 1 – | Buffet Lunch 12.30pm Check In at Hotel Travel to Goals Goals Soccer | | Lunch on Arrival | Free Time | Depart London: 4pm | | Buffet Lunch 12.30pm | FLIGHTS HOME |
| 1.30PM | | Pressing Staplewood | Game vs SERC U12 9 v 9 (3G) U14 11 v 11 (Dome) 1pm KO | | | SSG (1-2pm GK) | | |
| 1.30 – 2PM 2 – 2.30PM | | | | Match Preparation | | | Free Time | |
| 2.30 – 3PM | | | | | | | | |
| 3 – 3.30PM | | | | Travel to Deer Park 3.20pm | | | | |



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| 3.30 – 4PM | X2 Pitches Travel to Jury's Free Time | Travel to Jury's | Travel to Jurys 3.45pm | Game 2 U12 9 v 9 on 3G U14 11 v 11 on Grass 4.30pm KO 2x 35mins Deer Park | | Travel to Jury's | |
|---------------|---|----------------------------|----------------------------|--|---------------------|----------------------------|---|
| 4 – 4.30PM | | Player Pack Reflections | Player Pack Reflections | | | Player Pack Reflections | Walk to Stadium |
| 4.30 – 5PM | | | | | | Debrief Meeting at | SFC vs Man City 5.30pm KO St. Mary's |
| 5 – 5.30PM | | Free Time | Free Time | | | Jury's | |
| 5.30 – 6PM | | | | | | Free Time | |
| 6 – 6.30PM | Dinner at Jury's | Dinner at Jury's | Dinner at Jury's | Travel to Jury's 6.15pm | | Dinner at Jury's | |
| 6.30 – 7PM | | | | Shower & Change | | | |
| 7 – 7.30PM | Welcome Presentation | Free Time | Free Time | Dinner at Jury's | Dinner at Jury's | Free Time | |
| 7.30 – 8PM | | | | | | | Walk to Jury's |
| 8 – 8.30PM | Free Time | | | Free Time | Free Time | | Pack for Return |
| 8.30 – 9PM | Shower & Change | Shower & Change | Shower & Change | | Shower & Change | Shower & Change | Dinner at Jury's |
| 9PM AFTER | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime | Bedtime |