

# ITINERARY

## DAY 1

- ARRIVE IN SAN JOSE, COSTA RICA WHERE YOUR XL SPORTS TOUR GUIDE WILL GREET YOU FROM THE AIRPORT. YOU WILL TRAVEL TO YOUR HOTEL TO CHECK IN
- TAKE PART IN YOUR FIRST TRAINING SESSION FOLLOWED BY Q&A FROM A PREMIER LEAGUE LEGEND

## DAY 2

- TECHNICAL TRAINING SESSION
- EXPLORE THE RESORT - INCLUDING AQUATIC ACTIVITIES, BIRD TRAILS, CLIMBING WALLS & MORE!
- POSITION SPECIFIC TRAINING SESSION

## DAY 3

- TRAINING SESSION - FOCUS ON FINISHING AND DEFENDING
- TECHNICAL SESSION + SOCCER TENNIS
- FREE TIME
- 5V5 MATCHES

## DAY 4

- MORNING YOGA | PREHAB
- HEAD OUT FOR THE AFTERNOON FOR YOUR ZIP LINE CANOPY TOUR WHERE YOU WILL TRAVEL THROUGH THE JUNGLE AND SEE THE INCREDIBLE NATURAL WILDLIFE SUCH AS SLOTHS, MONKEYS, TOUCANS AND PARROTS!
- FREE TIME ON THE BEACH AND SURF LESSONS WITH A LOCAL INSTRUCTOR

## DAY 5

- TRAINING SESSION | SMALL SIDED GAMES NUTRITION DISCUSSION
- FREE TIME AT THE BEACH
- DEPART BACK TO SAN JOSE

