

# Example Itinerary

## Football in Ghana

\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, needs of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Special programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	8:00am-11:00am	Briefing and meet coaches
		12:00pm-1:00pm	LUNCH
		1:00pm-6:00pm	Induction and orientation
		7:00pm-8:00pm	DINNER
3	Tuesday	8:00am-11:00am	Observe senior team practice and discuss
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Working with Youth
		4:00pm-6:00pm	Observe youth teams practice and discuss
		7:00pm-8:00pm	DINNER
		8:00pm-10:00pm	QUIZ NIGHT AT PROJECTS ABROAD
4	Wednesday	8:00am-11:00am	Observe senior team practice and discuss
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: First Aid
		4:00pm-6:00pm	Observe youth teams practice and discuss
		7:00pm-8:00pm	DINNER
5	Thursday	8:00am-11:00am	Practice with senior team
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Warm Up and Cool Down
		4:00pm-6:00pm	Coaching youth teams
		7:00pm-8:00pm	DINNER
		8:00pm-10:00pm	DESSERT AT CREAMY INN
6	Friday	8:00am-11:00am	Practice with senior team
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Small-sided Games
		4:00pm-6:00pm	Coaching youth teams
		7:00pm-8:00pm	DINNER
7	Saturday	ALL DAY	Trip to Cape Coast
8	Sunday	ALL DAY	Trip to Kakum National Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-11:00am	Practice with senior team
		12:00pm-1:00pm	LUNCH
		2:00pm-6:00pm	Visit Makola Market
		7:00pm-8:00pm	DINNER
		8:00pm-10:00pm	DRUMMING AND DANCING
10	Tuesday	8:00am-11:00am	Practice with senior team
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Problem Solving 1
		4:00pm-6:00pm	Coaching youth teams
		7:00pm-8:00pm	DINNER
		8:00pm-10:00pm	QUIZ NIGHT AT PROJECTS ABROAD
11	Wednesday	8:00am-11:00am	Practice with senior team
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Problem Solving 2
		4:00pm-6:00pm	Coaching youth teams
		7:00pm-8:00pm	DINNER
12	Thursday	8:00am-11:00am	Coaching youth teams
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Preparing for Games
		4:00pm-6:00pm	Coaching youth teams
		7:00pm-8:00pm	DINNER
		8:00pm-10:00pm	DESSERT AT ACCRA MALL
13	Friday	9:00am-12:00pm	Souvenir shopping
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Coaching Workshop: Post-game Planning
		4:00pm-6:00pm	Final tournament
		7:00pm-8:00pm	DINNER
14	Saturday	ALL DAY	Departure