

DAILY SCHEDULE

American Multisport

*The day of the excursion may be subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHECK IN 8:30 - 9:00	Participants arrival and check-in @ the H-FARM Welcome Center				
MORNING 9:00 - 12:30 with morning snack during the break	BASKETBALL - 1 Introduction to dribbling and passing. Focus on ball control and coordination.	<p>*EXCURSION TO VENICE</p> <p>A full day dedicated to discovering Venice through enchanting strolls and cultural experiences, focusing on the city's historical and artistic heritage.</p>	PICKLEBALL - 2 Introduction to the basics of serving and receiving, developing skills to keep the game in play.	FIELD HOCKEY - 4 Improvement of dribbling on the move and quick passing in tight spaces.	BASKETBALL - 5 Attack strategies are taught: quick passes, off-the-ball movements, and teamwork.
	PICKLEBALL - 1 Focus on basic rules, how to hold the racket, and make the first rallies. The goal is to develop hand-eye coordination.		FIELD HOCKEY - 3 Learning the fundamentals of defense and proper positioning to intercept the ball.	BASKETBALL - 4 Attack strategies are taught: quick passes, off-the-ball movements, and teamwork.	PICKLEBALL - 5 Through games, more advanced shots like the "dink" are introduced, and focus is placed on court positioning.
LUNCH 12:30 - 13:30	Free outdoor play/ board games.		Free outdoor play/ board games		
AFTERNOON 13:30 - 16:30	FIELD HOCKEY - 1 Introduction to ball control and passing with the stick. Exercises to improve passing skills.		BASKETBALL - 2 Focus on shooting: close-range and long-range shots, free throws, and the third time (rebound).	PICKLEBALL - 3 Focus on doubles play, with exercises on how to position oneself on the court and communicate with a partner.	FIELD HOCKEY - 5 Focus on strategy development and improving shooting accuracy.
	FIELD HOCKEY - 2 Focus on dribbling with the ball and shooting on goal. First mini-match.		BASKETBALL - 3 The day concludes with a basketball game to put the skills learned into practice.	PICKLEBALL - 4 Mini pickleball tournament, putting the learned techniques into practice.	FIELD HOCKEY - 6 Final field hockey match, where all the skills learned during the week are applied.
SNACK AND CHECK OUT 16:30 - 17:30	Free time and play time in the H-FARM Campus sport facilities. Participants departure @ the H-FARM Welcome Center				