

Kathmandu, July 10: The Bangladesh U23 National Team, currently in Nepal for an international friendly to prepare for the 'AFC U-23 Championship 2018' to be held later this month in Palestine, had rigorous training sessions on Sunday, July 9 at the All Nepal Football Association (ANFA) Astroturf in Kathmandu.

Warm up sessions followed by ball to ball attacking play took place in the turf from 5-6:30pm (Nepal local time), which rejuvenated the players after a tiring journey.

Coach Andrew Ord, guiding the contingent, was highly satisfied with the dedication and commitment of the players as they continued training sessions amid intermittent rain. All the journeys seemed nothing to the pumped up players, which made the coach even happier.

Following fast paced and dynamic practice, the team headed back to the hotel at 8:30pm for dinner.

The second day in Nepal, Monday, July 10, started with a balanced breakfast at 9:30am. At 10am, the coach called on the players to hold on to their mental strength, and asked them to take their experiences back to their individual clubs so the country can have a more professional football environment.

Practice sessions on Monday are scheduled to begin at 2:45pm and team captain Sohel Rana along with coach Ord will speak in a press conference at 2pm.