

Spring 2021 Training Schedule

2011/2012 Girls – Coach Amber

Monday	5-530pm	Speed Training	Speed Area
Monday	530-7pm	Team Training	Team Training Area
Wednesday	5-6pm	Keeper Training	Keeper Area
Wednesday	530-7pm	Team Training	Team Training Area
Thursday	5-6pm	Technical Training	Technical Area

2010/2011 Girls – Coach Juliet and Coach Simon

Monday	5-6pm	Technical Training	Technical Area
Monday	6-730pm	Team Training	Team Training Area
Wednesday	5-530	Speed Training	Speed Area
Wednesday	530-7pm	Team Training	Team Training Area (<i>different start time than Monday</i>)
Wednesday	715-8pm	Keeper Training	Keeper Area

2009 Girls – Coach Tim

Tuesday	530-7pm	Team Training	Team Training Area
Tuesday	7-8pm	Technical Training	Technical Area
Wednesday	715-8pm	Keeper Training	Keeper Area
Thursday	5-530	Speed Training	Speed Area
Thursday	530-7pm	Team Training	Team Training Area

2011/2012 Boys – Coach B

Tuesday	5-530pm	Speed Training	Speed Area
Tuesday	530-7pm	Team Training	Team Training Area
Wednesday	5-6pm	Keeper Training	Keeper Area (<i>Can attend Technical training with any other age/ability appropriate time</i>)
Wednesday	5-6pm	Technical Training	Technical Area
Thursday	530-7pm	Team Training	Team Training Area

2009/2010 Boys – Coach Ryan

Monday	6-7pm	Technical Training	Technical Area
Tuesday	530-7pm	Team Training	Team Training Area
Wednesday	5-6pm	Keeper Training	Keeper Area
Thursday	530-7pm	Team Training	Team Training Area
Thursday	7-730pm	Speed Training	Speed Area

2008 Boys – Coach Cat and Coach Dan

Tuesday	530-7pm	Team Training	Team Training Area
Tuesday	7-745pm	Speed Training	Speed Area

Wednesday	6-7pm	Keeper Training	Keeper Area
Thursday	530-7pm	Team Training	Team Training Area
Thursday	7-8pm	Technical Training	Technical Area

2008 Girls – Coach Cat and Coach Dan

Monday	530-7pm	Team Training	Team Training Area
Monday	7-8pm	Technical Training	Technical Training Area
Wednesday	530-7pm	Team Training	Team Training Area
Wednesday	715-8pm	Keeper Training	Keeper Area <i>(Can attend Technical Training any other age/ability appropriate time)</i>
Wednesday	7-745pm	Speed Training	Speed Area

2006/2007Boys – Coach B

Tuesday	6-645pm	Speed Training	Speed Area
Tuesday	7-830pm	Team Training	Team Training Area
Wednesday	6-7pm	Keeper Training	Keeper Area
Thursday	6-7pm	Technical Training	Technical Area
Thursday	7-830pm	Team Training	Team Training Area

2007 Girls – Coach Bedo and Coach Tim

Monday	530-7pm	Team Training	Team Training Area
Monday	7-745pm	Speed Training	Speed Area
Wednesday	530-7pm	Team Training	Team Training Area
Wednesday	715-8pm	Keeper Training	Keeper Area
Wednesday	7-8pm	Technical Training	Technical Area

Older Boys – Coach Bedo

Monday	6-645pm	Speed Training	Speed Area
Monday	7-830pm	Team Training	Team Training Area
Wednesday	6-7pm	Keeper Training	Keeper Area
Wednesday	6-7pm	Technical Training	Technical Area
Wednesday	7-830pm	Team Training	Team Training Area

Older Girls – Coach Amber

Monday	6-645pm	Speed Training	Speed Area
Monday	7-830pm	Team Training	Team Training Area
Wednesday	6-7pm	Technical Training	Technical Area
Wednesday	7-830pm	Team Training	Team Training
Wednesday	715-8pm	Keeper Training	Keeper Area

Speed and Agility Schedule

Monday 5-530pm 2011/2012 Girls (Coach Cat)

Monday 5-545pm Speed and Agility Intensives (Coach Stephanie) MUST REGISTER FOR THESE 8 max

Monday 6-645pm Older Girls and Older Boys (Coach Stephanie)

Monday 7-745pm 2007 Girls (Coach Stephanie)

Tuesday 5-530pm 2011/2012 Boys (Coach Cat)

Tuesday 6-645pm 2006/2007 Boys (Coach Stephanie)

Tuesday 7-745pm 2008 Boys (Coach Stephanie)

Wednesday 5-530pm 2010 Girls (Coach Cat)

Wednesday 7-745pm 2008 Girls (Coach Cat)

Thursday 5-530pm 2009 Girls (Coach Cat)

Thursday 6-645pm Speed and Agility Intensives (Coach Stephanie) MUST REGISTER FOR THESE 8 max

Thursday 7-730p, 2009/2010 Boys (Coach Stephanie)

Technical Schedule

Monday 5-6pm 2010 Girls

Monday 5-6 Technical Intensives (Coach Ryan) MUST REGISTER FOR THESE 8 max

Monday 6-7 Technical Intensives (Coach Ryan) MUST REGISTER FOR THESE 8 max

Monday 6-7pm 2009/2010 Boys

Monday 7-8pm 2008 Girls

Tuesday 6-7pm Technical Intensives (Coach Andy) MUST REGISTER FOR THESE 8 max

Tuesday 7-8pm 2009 Girls

Wednesday 5-6pm 2011/2012 Boys

Wednesday 6-7pm Older Boys and Older Girls

Wednesday 7-8pm 2007 Girls

Thursday 5-6pm 2011/2012 Girls

Thursday 6-7pm 2006/2007 Boys

Thursday 7-8pm 2008 Boys

GK Training Schedule

Tuesday 5-6 2008 and older keepers both boys and girls with Coach Amanda.

Tuesday 6-7 2009 and younger keepers both boys and girls with Coach Amanda.

Wednesday 5-6pm 2009 and younger keepers both boys and girls with Coach Amanda

Wednesday 6-7pm 2008 and older keepers boys only with Coach Amanda

Wednesday 7-8pm 2008 and older keepers girls only with Coach Simon

We will run it this way for about 2-4 weeks and see if we need to make any adjustments.