



2018 Preseason Plan for Women's Soccer Program

ACTIVITY	AM PM	WEEK 1 Jan 8-12	WEEK 2 Jan 15-19	WEEK 3 Jan 22-26	WEEK 4 Jan 29- Feb2	WEEK 5 Feb 5-9	WEEK 6 Feb 12-16	WEEK 7 Feb 19-23	WEEK 8 Feb 26- Mar 2	WEEK 9 Mar 5-9	WEEK 10 Mar 12-16
FITNESS											
Cardio endurance	AM										
Strength	AM										
Agility/Speed	AM										
Flexibility	PM										
Senior Led Practices	TBD										
TECHNICAL TRAINING Includes: Juggling Dribbling/Moves 1v1s and 2v2s Passing & receiving Shooting Trapping First Touch Headers, etc...	PM										
TACTICAL TRAINING Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...	PM										
TRYOUTS & MEETING											
Parent/Player meeting	PM										
Player Only Meeting	PM										
Leadership Meeting	PM										
2 Day Tryouts	PM										
Team Assignments Notifications	PM/AM										
CLASSROOM SESSIONS Depending on weather, these might change	PM										
PRE-SEASON CAMP	PM										
SCRIMMAGES & GAMES	PM										

Notes: Weeks 3-5 will be 2-a-day sessions with Fitness in the AM (6:30 to 7:30). First week from Tuesday to Friday and the following two weeks on Mon, Tue, Thurs, and Friday and Technical Training in the PM (3:45 to 5pm) all week. Weeks 6 and on, training will happen only in the evening. After Week 9, regular practices - with the alternating schedules of two weeks from 5 to 7pm, and two weeks from 7 to 9pm - start, and the games on Week 9 are scrimmages (3/5 vs Niwot and 3/7 vs Standley Lake). March 10 is the first game vs Douglas County at home. **This is a tentative calendar and will be confirmed prior to the start of Preseason Training. Check back often for changes.**