



# 2019 Preseason Plan for Women's Soccer Program

ACTIVITY	AM PM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	Mar 2	WEEK 9	WEEK 10
		Jan 7-11	Jan 14-18	Jan 21-25	Jan 28- Feb1	Feb 4-8	Feb 11 - 15	Feb 18 - 22	Feb 25 - Mar 1		Mar 4-8	Mar 11 - 15
<b>FITNESS</b>		Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri
Cardio endurance	AM			■	■	■	■	■	■	■	■	■
Strength & Agility	AM				■	■	■	■	■	■	■	■
Interval/Peak	AM					■	■	■	■	■	■	■
Flexibility	PM			■	■	■	■	■	■	■	■	■
Senior Led Practices	TBD		■	■	■	■						
<b>TECHNICAL TRAINING</b> Includes: Juggling Dribbling/Moves 1v1s and 2v2s Passing & receiving Shooting Trapping First Touch Headers, etc...	PM	NO CLASSES	NO CLASSES	■	■	■	■	■	■	■	■	■
<b>TACTICAL TRAINING</b> Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...	PM	NO CLASSES	NO CLASSES				■	■	■	■	■	■
<b>TRYOUTS &amp; MEETING</b>												
Parent/Player meeting	PM	■										
Player Only Meeting	PM	■										
2 Day Tryouts	PM	NO CLASSES							■	■		
Team Assignments Notifications	PM	NO CLASSES							■	■		
Varsity Retreat	PM/AM								■	■		
<b>CLASSROOM SESSIONS</b> Depending on weather, these might change	PM					■					■	
<b>PRE-SEASON CAMP</b>	PM						■	■	■	■		
<b>SCRIMMAGES &amp; GAMES</b>	PM										■	■

**Notes:** Weeks 3-5 will be 2-a-day sessions with Fitness in the AM (6:30 to 7:30) from Mon, Tue, Thurs, and Friday in the PIT and Technical Training in the PM (3:45 to 5:15pm) all week at Recht.

Weeks 6 and on, training will happen only in the evening.

After Week 9, regular practices - from 5 to 7pm and the games on Week 9 are scrimmages ( 3/4 vs Standley Lake and 3/5 vs Niwot).

March 7 is the first game vs Fort Collins Away.

**This is a tentative calendar and will be confirmed prior to the start of Preseason Training. Check back often for changes.**