



2019 Preseason Plan for Women's Soccer Program

| ACTIVITY | AM PM | WEEK 1 Jan 7-11 | WEEK 2 Jan 14-18 | WEEK 3 Jan 21-25 | WEEK 4 Jan 28- Feb1 | WEEK 5 Feb 4-8 | WEEK 6 Feb 11 - 15 | WEEK 7 Feb 18 - 22 | WEEK 8 Feb 25 - Mar 1 | Mar 2 | WEEK 9 Mar 4 - 8 | WEEK 10 Mar 11 - 15 |
|---|----------|--------------------|---------------------|---------------------|------------------------|-------------------|-----------------------|-----------------------|--------------------------|-------|---------------------|------------------------|
| FITNESS | | | | | | | | | | | | |
| Cardio endurance | AM | | | | | | | | | | | |
| Strength & Agility | AM | | | | | | | | | | | |
| Interval/Peak | 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 | | | | | | | | | | | |
| 2 Day Tryouts | PM | | | | | | | | | | | |
| Team Assignments Notifications | PM | | | | | | | | | | | |
| Varsity Retreat | 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) from Mon, Tue, Thurs, and Friday in the PIT and Technical Training from 3:45 to 5:15pm M,T,W and F, and 5:15 to 7pm on Thursday at Recht.

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

After Week 9, regular practices - from 5 to 7pm or 7 to 9pm, depending on the week. 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.