

ACTIVITY	AM PM	WEEK 1 Jan 6-10	WEEK 2 Jan 13-15	WEEK 3 Jan 20-24	WEEK 4 Jan 27-31	WEEK 5 Feb 3-7	WEEK 6 Feb 10-14	WEEK 7 Feb 17-21	WEEK 8 Feb 24-28	WEEK 9 Mar 2-6	Mar 7	WEEK 10 Mar 9-13
<b>FITNESS</b>												
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											
<b>TACTICAL TRAINING</b> Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...	PM											
<b>TRYOUTS &amp; MEETING</b>												
Parent/Player meeting	PM											
Player Only Meeting	PM											
2 Day Tryouts	PM											
Team Assignments Notifications	PM											
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 (7:00 to 8:00) from Mon, Tue, Thurs, and Friday in the PIT and Technical Training from 4:05 to 5:35pm all week at Recht.

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

After Week 9, regular practices - from 5 to 6:30pm. Games on Week 9 & 10 are scrimmages ( 3/5 vs Standley Lake and 3/10 vs Niwot tentatively).

March 11 is the first game.

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