



## 2021 Preseason Plan for Women's Soccer Program

ACTIVITY	AM PM	WEEK 1 Feb 22 - 26	WEEK 2 Mar 1 - 5	WEEK 3 Mar 8 - 9	WEEK 4 Mar 15 - 19	WEEK 5 Mar 22 - 26	WEEK 6 Mar 29 - Apr 2	WEEK 7 Apr 5 - 9	WEEK 8 Apr 12 - 16	WEEK 9 Apr 19 - 23	Apr 24	WEEK 10 Apr 26 - 30
<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	AM				■ ■ ■ ■ ■				■ ■ ■ ■ ■			■ ■ ■ ■ ■
Peak	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* - Feb 17 Player Only Meeting Tryouts Team Assignments Notifications Varsity Retreat - TBD	PM PM PM PM 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:** \* Parent/Player meeting tentatively on February 17

Weeks 2 to 6 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 7 and on, training will happen only in the evening. After Week 9, regular practices -Times vary per team.

April 29 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.**