

| ACTIVITY | AM PM | WEEK 1 Mar 1 - 5 | WEEK 2 Mar 8 - 9 | WEEK 3 Mar 15 - 19 | WEEK 4 Mar 22 - 26 | WEEK 5 Mar 29 - Apr 2 | WEEK 6 Apr 5 - 9 | WEEK 7 Apr 12 - 16 | WEEK 8 Apr 19 - 23 | WEEK 9 Apr 26 - 30 | May 1 | WEEK 10 May 3 - 7 | May 10 |
|---|-------------------------------|---------------------|---------------------|-----------------------|-----------------------|--------------------------|---------------------|-----------------------|-----------------------|-----------------------|-----------|----------------------|-----------|
| FITNESS | | Mon → Fri | 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 | | ■ ■ ■ ■ ■ | | ■ ■ ■ ■ ■ | | | PM | | | | | |
| Strength & Agility | AM | | | ■ ■ ■ ■ ■ | | | | PM | | | | | |
| Interval | AM | | | | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | | PM | | | | | |
| Peak | PM | | | | | | ■ ■ ■ ■ ■ | PM | | | | | |
| Senior Led Practices | TBD | ■ ■ ■ ■ ■ | | | | | | | | | | | |
| TECHNICAL TRAINING Includes: Juggling Dribbling/Moves 1v1s and 2v2s Passing & receiving Shooting Trapping First Touch Headers, etc... | PM | | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | PM | | | | | |
| TACTICAL TRAINING Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc... | PM | | | | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | | PM | | | | | |
| TRYOUTS & MEETING Parent/Player meeting* - Feb 24 Player Only Meeting Tryouts Team Assignments Notifications Varsity Retreat - TBD | PM PM PM PM PM/AM | ■ ■ | | | ■ ■ ■ ■ ■ | ■ ■ ■ ■ ■ | | | | | | ■ ■ | |
| CLASSROOM SESSIONS Depending on weather, these might change | PM | | | ■ | | | | | ■ | | | | |
| PRE-SEASON CAMP | PM | | | | | | | | ■ ■ ■ ■ ■ | | | | |
| SCRIMMAGES & GAMES | PM | | | | | | | | | | | | |

Notes: * Parent/Player meeting tentatively on February 24
 Weeks 2 to 6 will be 2-a-day sessions with Fitness in the AM (7:00 to 8:00) in the PIT/GYM or Virtually. And Technical Training from 4:05 to 5:35pm all week at Recht/Grass/Other Location.
 Weeks 7 and on, training will happen only in the evening. After Week 9, regular practices -Times vary per team.
 Monday, May 10 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.