

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
FITNESS		Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon → Fri	Mon	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	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 March 4th
 Weeks 2 to 6 will be 2-a-day sessions with Virtual Workouts in the AM, and Technical Training in the afternoons.
 Weeks 7 and on, training will happen only in the evening. After Week 9, regular practices -Times vary per team.
 Monday, May 16 is the first game.
 This is a tentative calendar and will be altered according to the COVID guidelines at the time of change.