



## 2022 Preseason Plan for Women's Soccer Program

ACTIVITY	AM PM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	Mar 5	WEEK 10
		Jan 3-7	Jan 10-14	Jan 17-21	Jan 24-28	Jan 31-Feb 4	Feb 7-11	Feb 14-18	Feb 21-25	Feb 28-Mar 4		Mar 7-11
<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 4:00 to 5:30pm all week at Recht.

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

After Week 9, regular practices - Times TBD. Week 10 are scrimmages TBD.

March 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.**