



2023 Preseason Plan for Women's Soccer Program

ACTIVITY	AM PM	WEEK 1 Jan 2-6	WEEK 2 Jan 9-13	WEEK 3 Jan 16-20	WEEK 4 Jan 23-27	WEEK 5 Jan 30-Feb 3	WEEK 6 Feb 6-10	WEEK 7 Feb 13-17	WEEK 8 Feb 20-24	WEEK 9 Feb 27-Mar 3	Mar 5	WEEK 10 Mar 6-10
FITNESS		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/Peak	AM											
Flexibility	PM											
Senior Led Practices	TBD											
TECHNICAL TRAINING Includes: Juggling Dribbling/Moves 1v1s and 2v2s Passing & receiving Shooting Trapping First Touch Headers, etc...	PM	NO CLASSES	NO CLASSES	NO CLASSES								
TACTICAL TRAINING Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...	PM	NO CLASSES	NO CLASSES	NO CLASSES								
TRYOUTS & MEETING												
Parent/Player meeting	PM											
Player Only Meeting	PM											
2 Day Tryouts	PM											
Team Assignments Notifications	PM											
Varsity Retreat	PM/AM											
CLASSROOM SESSIONS Depending on weather, these might change	PM											
PRE-SEASON CAMP	PM											
SCRIMMAGES & GAMES	PM											

Notes: Weeks 4-6 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 4:00 to 5:30pm all week at Recht.

Weeks 7 and on, training will happen only in the evening.

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

March 9 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.