



2024 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 2	WEEK 10
		Jan 1-5	Jan 8-12	Jan 15-19	Jan 22-26	Jan 29-Feb 2	Feb 5-9	Feb 12-16	Feb 19-23	Feb 26-Mar 1		Mar 4-8
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											
Team Sleepovers/Regis Scrimmages	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 Main Gym, 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 - See website. Week 10 are scrimmages TBD.

March 7 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.