



2025 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 1	WEEK 10
		Dec 30-Jan 3	Jan 6-10	Jan 13-17	Jan 20-24	Jan 27-31	Feb 3-7	Feb 10-14	Feb 17-21	Feb 24-28		Mar 3-7
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											
TACTICAL TRAINING Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...	PM											
TRYOUTS & MEETING												
Parent/Player meeting	PM											
Player Only Meeting	PM											
2 Day Tryouts	PM											
Team Assignments Notifications	PM											
Team Sleepovers	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 (6:45 to 7:45 am) from Mon, Tue, Thurs, and Friday in the Main Gym, and Technical Training from 4:15 to 5:30pm all week at Recth.

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

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

Tentative date for first game: March 6

This is a preliminary calendar and will be confirmed prior to the start of Preseason Training. Check back often for changes.