

TRAINING SCHEDULE

TEAM: _____ WEEK OF: _____

MONDAY	04:00 PM - 06:00 PM	Cardio & Core Stability	Main Field	Cones, Mats
TUESDAY	04:30 PM - 06:30 PM	Technical Skills / Passing	Gym A	Regulation Balls
WEDNESDAY	-	Recovery / Film Study	Media Room	Notebooks
THURSDAY	04:00 PM - 06:00 PM	Tactical Set Pieces	Main Field	Pinnies, Targets
FRIDAY	03:30 PM - 05:00 PM	Scrimmage / Speed Work	Main Field	Full Gear
SATURDAY	09:00 AM - 11:00 AM	Game Prep / Strategy	Stadium	Full Gear
SUNDAY	-	OFF	-	-

COACHING STAFF NOTES

PLAYER ANNOUNCEMENTS