



Training Schedule

U14 and ABOVE (Olders)

Sept. 5th	5:30 - 7	Mackay	Finishing
Sept. 12th	5:30 - 7	Mackay	Defensive Principles
Sept. 19th	5:30 - 7	Mackay	Ball Mastery
Sept. 26th	5:30 - 7	Mackay	Speed Training
Oct. 3rd	5:30 - 7	Mackay	Finishing
Oct. 10th	5:30 - 7	Mackay	Ball Mastery
Oct. 17th	5:30 - 7	Mackay	Speed Training
Oct. 24th	5:30 - 7	Mackay	Short-sided Games

U9 - U13 (Youngers)

Nov. 7th	TBD	TBD	Finishing
Nov. 14th	TBD	TBD	Ball Mastery
Nov. 21st	TBD	TBD	Defensive Principles
Nov. 28th	--	--	No Training (Thanksgiving)
Dec. 5th	TBD	TBD	Speed Training
Dec. 12th	TBD	TBD	Finishing
Dec. 19th	TBD	TBD	Ball Mastery
Dec. 26th	--	--	No Training (Christmas)
Jan. 9th	TBD	TBD	Defensive Principles
Jan. 16th	TBD	TBD	Short-sided Games