

## FORCE Team Training Schedule - Spring 2010

### April 5 - June 11

Team	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U9 Elite Boys	Casey Jewitt	4:30-6:00 Skills	x	x	6:00-7:30 Tactics	4:30-5:30 Scrimmage
U10 Elite Boys	Arben Gjoni	4:30-6:00 Skills	x	x	4:30-6:00 Tactics	5:30-6:30 Scrimmage
U10 Premier Boys	Gareth Thornley	4:30-6:00 Skills	x	6:00-7:30 Tactics	x	4:30-5:30 Scrimmage
U11 Elite Boys	Sina Vidic	7:00-8:30 Skills	x	7:00-8:30 Tactics	x	5:30-6:30 Scrimmage
U11 Premier Boys	Gareth Thornley	4:30-6:00 Skills	x	6:00-7:30 Tactics	x	4:30-5:30 Scrimmage
U12 Elite Boys	Sina Vidic	5:30-7:00 Skills	x	5:30-7:00 Tactics	x	5:30-6:30 Scrimmage
U13 Elite Boys	Arben Gjoni	6:00-7:30 Skills	x	6:00-7:30 Tactics	6:00-7:30 Scrimmage	x
U15 Elite Boys	Dan Quinn	6:00-7:30 Skills	x	6:00-7:30 Tactics	4:30-6:00 Scrimmage	x

Team	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U8 Academy Girls	Casey Jewitt	x	4:30-6:00 Skills	x	4:30-6:00 Tactics	x
U9 Elite Girls	Casey Jewitt	x	6:00-7:30 Skills	6:00-7:30 Tactics	x	4:30-5:30 Scrimmage
U10 Elite Girls	Gareth Thornley	x	4:30-6:00 Skills	x	6:00-7:30 Tactics	5:30-6:30 Scrimmage
U10 Premier Girls	Gareth Thornley	x	6:00-7:30 Skills	x	4:30-6:00 Tactics	5:30-6:30 Scrimmage
U11 Elite Girls	Arben Gjoni	x	6:00-7:30 Skills	4:30-6:00 Tactics	x	5:30-6:30 Scrimmage
U11 Premier Girls	Casey Jewitt	6:00-7:30 Skills	x	4:30-6:00 Tactics	x	5:30-6:30 Scrimmage
U12 Elite Girls	Andre Berenzon	x	6:00-7:30 Skills	x	4:30-6:00 Tactics	4:30-6:00 Scrimmage
U12 Premier Girls	Andre Berenzon	x	4:30-6:00 Skills	4:30-6:00 Tactics	x	4:30-6:00 Scrimmage
U13 Elite Girls	Dan Quinn	x	6:00-7:30 Skills	4:30-6:00 Tactics	6:00-7:30 Scrimmage	4:30-6:00 Tactics
U13 Premier Girls	Andre Berenzon	x	x	6:00-7:30 Skills	6:00-7:30 Scrimmage	6:00-7:30 Tactics
U14 Elite Girls	Hassan Minter	x	6:00-7:30 Skills	x	6:00-7:30 Scrimmage	4:30-6:00 Tactics
U15 Elite Girls	Arben Gjoni	x	x	x	x	x
U16 Elite Girls	Dan Quinn	x	x	x	x	x
U17 Elite Girls - Pool	Dan/Diego/Hassan	x	x	x	x	x
U18 Elite Girls	Diego	x	x	x	x	x

Goalie Training	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U8-U11 Boys and Girls	Tito	x	4:30-5:30	x	x	x
U12-U14 Boys and Girls	Tito	x	5:30-6:30	x	x	x
U15-U18 Boys and Girls	Tito	x	6:30-7:30	x	x	x