

FORCE Team Training Schedule - Winter 2010 January 5th - March 17th

Team	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U9 Elite Boys	Casey Jewitt	x	5:30-6:30 Skills	4:30-5:30 Small-Sided	x	x
U8 Academy Girls	Casey Jewitt	x	4:30-5:30 Skills	5:30-6:30 Small-Sided	x	x
U9 Elite Girls	Casey Jewitt	x	6:30-7:30 Skills	6:30-7:30 Small-Sided	x	x
U11 Premier Girls	Casey Jewitt	x	7:30-8:30 Skills	7:30-8:30 Small-Sided	x	x

U10 Elite Boys	Arben Gjoni	x	4:30-5:30 Skills	4:30-5:30 Small-Sided	x	x
U13 Elite Boys	Arben Gjoni	x	6:30-7:30 Skills	5:30-6:30 Small-Sided	x	x
U11 Elite Girls	Arben Gjoni	x	5:30-6:30 Skills	6:30-7:30 Small-Sided	x	x
U15 Elite Girls	Arben Gjoni	x	8:30-9:30 Skills	7:30-8:30 Small-Sided	x	x

U10 Premier Boys	Gareth Thornley	x	4:30-5:30 Skills	4:30-5:30 Small-Sided	x	x
U11 Premier Boys	Gareth Thornley	x	4:30-5:30 Skills	4:30-5:30 Small-Sided	x	x
U10 Elite Girls	Gareth Thornley	x	6:30-7:30 Skills	5:30-6:30 Small-Sided	x	x
U10 Premier Girls	Gareth Thornley	x	5:30-6:30 Skills	6:30-7:30 Small-Sided	x	x

U11 Elite Boys	Sina Vidic	x	4:30-5:30 Skills	4:30-5:30 Small-Sided	x	x
U12 Elite Boys	Sina Vidic	x	5:30-6:30 Skills	5:30-6:30 Small-Sided	x	x

U15 Elite Boys	Dan Quinn	x	7:30-8:30 Skills	5:30-6:30 Small-sided	x	x
U13 Elite Girls	Dan Quinn	x	6:30-7:30 Skills	4:30-5:30 Small-Sided	x	x
U16 Elite Girls	Dan Quinn	x	8:30-9:30 Skills	7:30-8:30 Small-Sided	x	x
U17 Elite Girls - Pool	Dan/Diego/Hassan	x	8:30-9:30 Skills	7:30-8:30 Small-Sided	x	x

U12 Elite Girls	Andre Berenzon	x	6:30-7:30 Skills	6:30-7:30 Small-Sided	x	x
U12 Premier Girls	Andre Berenzon	x	7:30-8:30 Skills	6:30-7:30 Small-Sided	x	x
U13 Premier Girls	Andre Berenzon	x	8:30-9:30 Skills	7:30-8:30 Small-Sided	x	x

U18 Elite Girls	Diego	x	8:30-9:30 Skills	6:30-7:30 Small-Sided	x	x
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U14 Elite Girls	Hassan Minter	x	7:30-8:30 Skills	6:30-7:30 Small-Sided	x	x
U17 Elite Girls - Pool	Hassan Minter	x	8:30-9:30 Skills	7:30-8:30 Small-Sided	x	x

Goalie Training	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U8-U11 Boys and Girls	Tito	x	x	x	x	x
U12-U14 Boys and Girls	Tito	x	x	x	x	x
U15-U18 Boys and Girls	Tito	x	x	x	x	x