

FORCE Team Training Schedule - Fall 2010 August 16th - November 12th

Team	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U8 Academy Boys	Ewerton Andrade	x	x	x	4:30-5:30 Training	5:30-6:30 Game
U9 Elite Boys	Andre Berenzon	4:30-6:00 Skills	6:00-7:30 Tactics	x	x	4:30-5:30 Scrimmage
U10 Elite Boys	Casey Jewett	4:30-6:00 Skills	x	6:00-7:30 Tactics	x	4:30-5:30 Scrimmage
U10 Premier Boys	Casey Jewett	6:00-7:30 Skills	x	4:30-6:00 Tactics	x	4:30-5:30 Scrimmage
U11 Elite Boys	Arben Gjoni	6:00-7:30 Skills	x	x	4:30-6:00 Tactics	5:30-6:30 Scrimmage
U11 Premier Boys	Chris Hines	4:30-6:00 Skills	x	6:00-7:30 Tactics	x	5:30-6:30 Scrimmage
U12 Elite Boys	Sina Vidic	7:00-8:30 Skills	x	7:00-8:30 Tactics	x	5:30-6:30 Scrimmage
U12 Premier Boys	Sina Vidic	5:30-7:00 Skills	x	5:30-7:00 Tactics	x	5:30-6:30 Scrimmage
U13 Elite Boys	Ewerton Andrade	x	6:00-7:30 Skills	5:30-7:00 Tactics	5:30-7:00 Scrimmage	x
U14 Elite Boys	Ewerton Andrade	6:00-7:30 Skills	x	7:00-8:30 Tactics	5:30-7:00 Scrimmage	x
U16 Elite Boys	x	x	x	x	x	x

Team	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
U8 Academy Girls	Ewerton Andrade	x	x	4:30-5:30 Training	x	6:30-7:30 Game
U9 Elite Girls	Ewerton Andrade	4:30-6:00 Skills	4:30-6:00 Tactics	x	x	4:30-5:30 Scrimmage
U9 Premier Girls	Ewerton Andrade	4:30-6:00 Skills	4:30-6:00 Tactics	x	x	4:30-5:30 Scrimmage
U10 Elite Girls	Casey Jewett	x	4:30-6:00 Skills	x	6:00-7:30 Tactics	5:30-6:30 Scrimmage
U10 Premier Girls	Casey Jewett	x	6:00-7:30 Skills	x	4:30-6:00 Tactics	5:30-6:30 Scrimmage
U11 Elite Girls	Dan Quinn	x	4:30-6:00 Skills	x	4:30-6:00 Tactics	4:30-5:30 Scrimmage
U11 Premier Girls	Chris Hines	6:00-7:30 Skills	x	4:30-6:00 Tactics	x	4:30-5:30 Scrimmage
U12 Elite Girls	Arben Gjoni	x	4:30-6:00 Skills	6:00-7:30 Tactics	x	4:30-5:30 Scrimmage
U12 Premier Girls	Arben Gjoni	4:30-6:00 Skills	x	4:30-6:00 Tactics	x	4:30-5:30 Scrimmage
U13 Elite Girls	Andre Berenzon	6:00-7:30 Skills	x	6:00-7:30 Tactics	x	5:30-7:00 Scrimmage
U13 Premier Girls	Andre Berenzon	x	4:30-6:00 Skills	x	4:30-6:00 Tactics	5:30-7:00 Scrimmage
U14 Elite Girls	Dan Quinn		6:00-7:30 Skills	x	6:00-7:30 Scrimmage	5:30-7:00 Tactics
U14 Premier Girls	Andre Berenzon	x	7:30-9:00 Skills	4:30-6:00 Tactics	6:00-7:30 Scrimmage	x
U15 Elite Girls	Ewerton Andrade	7:30-9:00 Skills	7:30-9:00 Tactics	x	7:00-8:30 Scrimmage	x
U16 Elite Girls	Arben Gjoni	7:30-9:00 Skills	6:00-7:30 Tactics	x	7:30-9:00 Scrimmage	x
U17 Elite Girls	Dan Quinn	x	7:30-9:00 Skills	6:00-7:30 Tactics	7:30-9:00 Scrimmage	x
U18 Elite Girls	Diego	7:30-9:00 Skills	x	7:30-9:00 Tactics	7:30-9:00 Scrimmage	x
U18 Premier Girls	Arben Gjoni	x	7:30-9:00 Skills	7:30-9:00 Tactics	6:00-7:30 Scrimmage	x

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