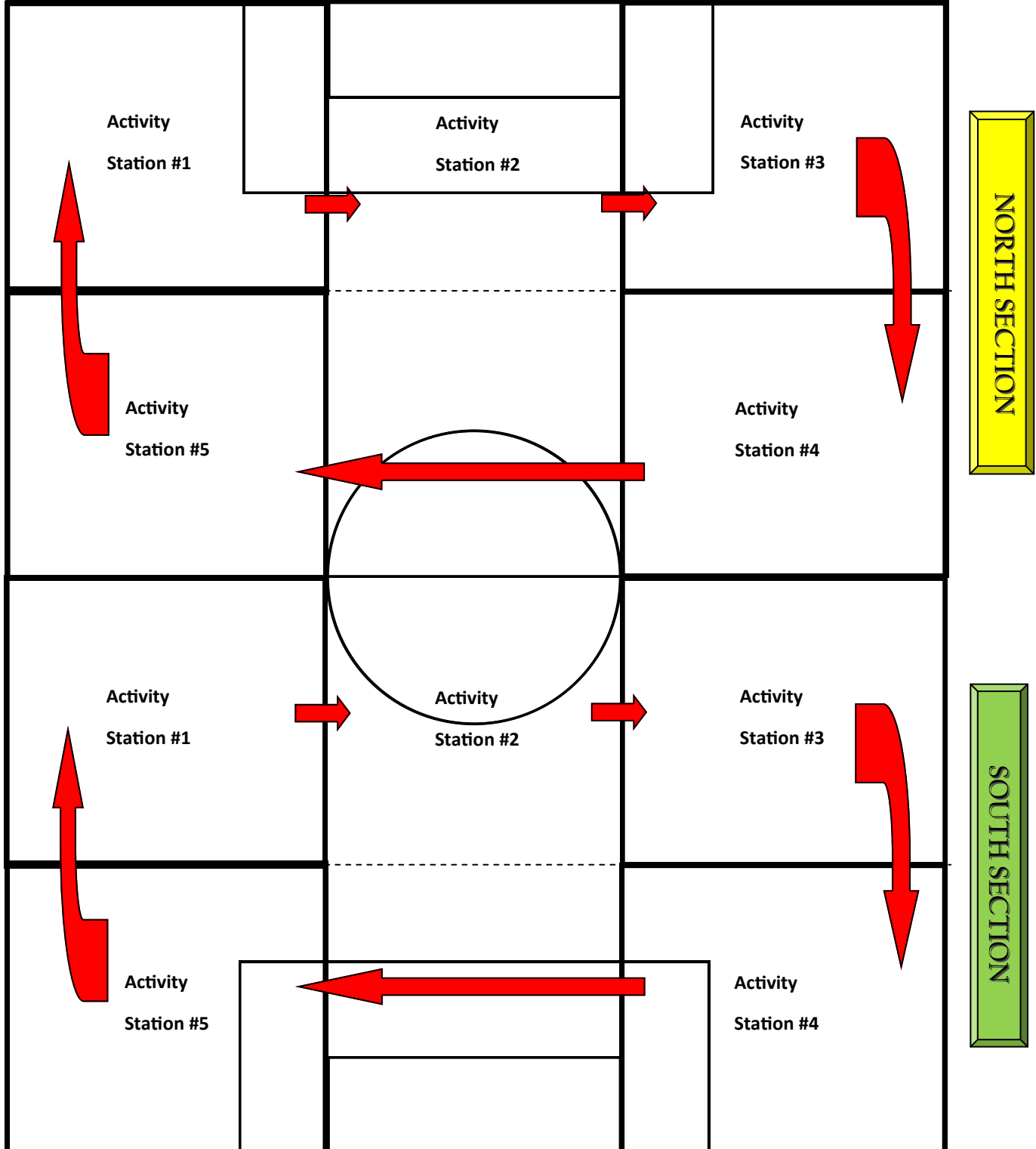




u8 Boys Training Layout



Players progress to the higher numbered station. From the highest numbered station players go to station 1.

Weekly Grassroots Circuit Schedule_Boys

		09-May	16-May	30-May	06-Jun	13-Jun	20-Jun
North Section	Station #1	Shane	Pat	Matt	Alex	Ryan	Shane
	Station #2	Pat	Matt	Alex	Ryan	Shane	Pat
	Station #3	Matt	Alex	Ryan	Shane	Pat	Matt
	Station #4	Alex	Ryan	Shane	Pat	Matt	Alex
	Station #5	Ryan	Shane	Pat	Matt	Alex	Ryan
South Section	Station #1	Lonnie	Nora	Jeff	Nicholas	John	Lonnie
	Station #2	Nora	Jeff	Nicholas	John	Lonnie	Nora
	Station #3	Jeff	Nicholas	John	Lonnie	Nora	Jeff
	Station #4	Nick	John	Lonnie	Nora	Jeff	Nicholas
	Station #5	John	Lonnie	Nora	Jeff	Nicholas	John

North Section	Station #1 Activity	WK 1 STNA	WK 2 STNA	WK 3 STNA	WK 4 STNA	WK 10 STNA	WK 11 STNA
	Station #2 Activity	WK 1 STNB	WK 2 STNB	WK 3 STNB	WK 4 STNB	WK 10 STNB	WK 11 STNB
	Station #3 Game	WK 1 STND	WK 2 STND	WK 3 STND	WK 4 STND	WK 10 STND	WK 11 STND
	Station #4 Activity	WK 1 STNC	WK 2STNC	WK 3 STNC	WK 4 STNC	WK 10 STNC	WK 11 STNC
	Station #5 Game	WK 1 STND	WK 2STND	WK 3 STND	WK 4 STND	WK 10 STND	WK 11 STND
South Section	Station #1 Activity	WK 1 STNA	WK 2 STNA	WK 3 STNA	WK 4 STNA	WK 10 STNA	WK 11 STNA
	Station #2 Activity	WK 1 STNB	WK 2 STNB	WK 3 STNB	WK 4 STNB	WK 10 STNB	WK 11 STNB
	Station #3 Game	WK 1 STND	WK 2 STND	WK 3 STND	WK 4 STND	WK 10 STND	WK 11 STND
	Station #4 Activity	WK 1 STNC	WK 2STNC	WK 3 STNC	WK 4 STNC	WK 10 STNC	WK 11 STNC
	Station #5 Game	WK 1 STND	WK 2STND	WK 3 STND	WK 4 STND	WK 10 STND	WK 11 STND

Link to OS Grassroots Sessions for weekly training (click FUNdamentals tab):

<http://www.ontariosoccer.net/grassroots-practices>



Weekly Grassroots Circuit Schedule_Boys

		27-Jun	11-Jul	18-Jul	25-Jul	02-Aug	08-Aug
North Section	Station #1	Pat	Matt	Alex	Ryan	Shane	Pat
	Station #2	Matt	Alex	Ryan	Shane	Pat	Matt
	Station #3	Alex	Ryan	Shane	Pat	Matt	Alex
	Station #4	Ryan	Shane	Pat	Matt	Alex	Ryan
	Station #5	Shane	Pat	Matt	Alex	Ryan	Shane
South Section	Station #1	Nora	Jeff	Nicholas	John	Lonnie	Nora
	Station #2	Jeff	Nicholas	John	Lonnie	Nora	Jeff
	Station #3	Nicholas	John	Lonnie	Nora	Jeff	Nicholas
	Station #4	John	Lonnie	Nora	Jeff	Nicholas	John
	Station #5	Lonnie	Nora	Jeff	Nicholas	John	Lonnie

North Section	Station #1 Activity	WK 20 STNA	WK 21 STNA	WK 22 STNA	WK 30 STNA	WK 34 STNA	WK 35 STNA
	Station #2 Activity	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 30 STNB	WK 34 STNB	WK 35 STNB
	Station #3 Game	WK 20 STND	WK 21 STND	WK 22 STND	WK 30 STND	WK 34 STND	WK 35 STND
	Station #4 Activity	WK 20 STNC	WK 21 STNC	WK 22 STNC	WK 30 STNC	WK 34 STNC	WK 35 STNC
	Station #5 Game	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 30 STNB	WK 34 STNB	WK 35 STNB
South Section	Station #1 Activity	WK 20 STNA	WK 21 STNA	WK 22 STNA	WK 30 STNA	WK 34 STNA	WK 35 STNA
	Station #2 Activity	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 30 STNB	WK 34 STNB	WK 35 STNB
	Station #3 Game	WK 20 STND	WK 21 STND	WK 22 STND	WK 30 STND	WK 34 STND	WK 35 STND
	Station #4 Activity	WK 20 STNC	WK 21 STNC	WK 22 STNC	WK 30 STNC	WK 34 STNC	WK 35 STNC
	Station #5 Game	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 30 STNB	WK 34 STNB	WK 35 STNB

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