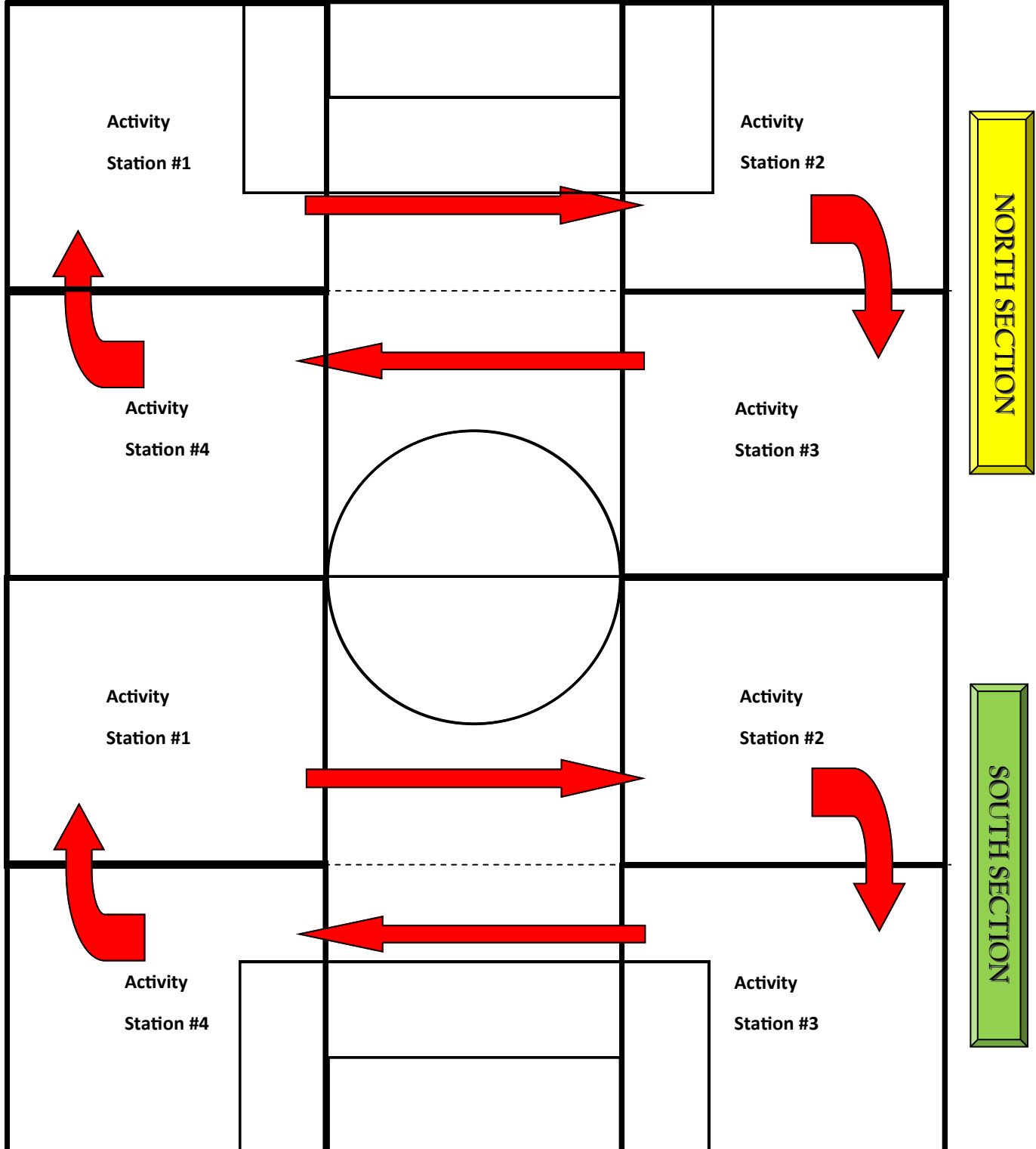




u8 Girls Training Layout



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

Weekly Grassroots Circuit Schedule_Girls

		9-May	15-May	29-Jun	5-Jun	12-Jun	19-Jun
North Section	Station #1	Nathan	Katrina	Sarah	Chad	Nathan	Katrina
	Station #2	Katrina	Sarah	Chad	Nathan	Katrina	Sarah
	Station #3	Sarah	Chad	Nathan	Katrina	Sarah	Chad
	Station #4	Chad	Nathan	Katrina	Sarah	Chad	Nathan

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 Activity	WK 1 STNC	WK 2 STNC	WK 3 STNC	WK 4 STNC	WK 10 STNC	WK 11 STNC
	Station #4 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_Girls

		26-Jun	10-Jul	17-Jul	24-Jul	7-Aug	14-Aug
North Section	Station #1	Sarah	Chad	Nathan	Katrina	Sarah	Chad
	Station #2	Chad	Nathan	Katrina	Sarah	Chad	Nathan
	Station #3	Nathan	Katrina	Sarah	Chad	Nathan	Katrina
	Station #4	Katrina	Sarah	Chad	Nathan	Katrina	Sarah

North Section	Station #1 Activity	WK 20 STNA	WK 21 STNA	WK 22 STNA	WK 23 STNA	WK 24 STNA	WK 25 STNA
	Station #2 Activity	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 24 STNB	WK 24 STNB	WK 25 STNB
	Station #3 Activity	WK 20 STNC	WK 21 STNC	WK 22 STNC	WK 24 STNC	WK 24 STNC	WK 25 STNC
	Station #4 Game	WK 20 STND	WK 21 STND	WK 22 STND	WK 24 STND	WK 24 STND	WK 25 STND

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