

Weekly Grassroots Circuit Schedule_u8 Girls_2018

		08-May COACHES ONLY	14-May	28-May	04-Jun	11-Jun	18-Jun
North Section	Station #1	Teal	Royal	Pink	Gold	Purple	Red
	Station #2	Royal	Pink	Gold	Purple	Red	Teal
	Station #3	Pink	Gold	Purple	Red	Teal	Royal
	Station #4	Gold	Purple	Red	Teal	Royal	Pink
	Station #5	Purple	Red	Teal	Royal	Pink	Gold
	Station #6	Red	Teal	Royal	Pink	Gold	Purple

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	DISCUSSION	DISCUSSION	DISCUSSION	DISCUSSION	DISCUSSION	DISCUSSION
	Station #5 Activity	WK 1 STNC	WK 2 STNC	WK 3 STNC	WK 4 STNC	WK 10 STNC	WK 11 STNC
	Station #6 Game	WK 1 STND	WK 2 STND	WK 3 STND	WK 4 STND	WK 10 STND	WK 11 STND

		26-Jun	16-Jul	23-Jul	30-Jul	06-Aug
North Section	Station #1	Teal	Royal	Pink	Gold	Purple
	Station #2	Royal	Pink	Gold	Purple	Red
	Station #3	Pink	Gold	Purple	Red	Teal
	Station #4	Gold	Purple	Red	Teal	Royal
	Station #5	Purple	Red	Teal	Royal	Pink
	Station #6	Red	Teal	Royal	Pink	Gold

North Section	Station #1 Activity	WK 20 STNA	WK 20 STNA	WK 21 STNA	WK 22 STNA	WK 30 STNA
	Station #2 Activity	WK 20 STNB	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 30 STNB
	Station #3 Game	WK 20 STND	WK 20 STND	WK 21 STND	WK 22 STND	WK 30 STND
	Station #4 Activity	DISCUSSION	DISCUSSION	DISCUSSION	DISCUSSION	DISCUSSION
	Station #5 Activity	WK 20 STNC	WK 20 STNC	WK 21 STNC	WK 22 STNC	WK 30 STNC
	Station #6 Game	WK 20 STNB	WK 20 STNB	WK 21 STNB	WK 22 STNB	WK 30 STNB



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

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