

## Weekly Grassroots Circuit Schedule\_u8 Girls\_2019

		07-May COACHES ONLY	14-May	21-May	28-May	04-Jun	11-Jun	18-Jun
<b>North Section</b>	<b>Station #1</b>	Teal	Teal	Pink	Royal	Gold	Teal	Pink
	<b>Station #2</b>	Pink	Pink	Royal	Gold	Teal	Pink	Royal
	<b>Station #3</b>	Royal	Royal	Gold	Teal	Pink	Royal	Gold
	<b>Station #4</b>	Gold	Gold	Teal	Pink	Royal	Gold	Teal
	<b>Station #5</b>		Skilz	Skilz	Skilz	Skilz	Skilz	Skilz
	<b>Station #6</b>							

<b>North Section</b>	<b>Station #1 Activity</b>	WK 44 STNA	WK 44 STNA	WK 45STNA	WK 46 STNA	Goalkeeper	WK 47 STNA	WK 48 STNA
	<b>Station #2 Activity</b>	WK 44 STNB	WK 44 STNB	WK 45 STNB	WK 46 STNB	Goalkeeper	WK 47 STNB	WK 48 STNB
	<b>Station #3 Game</b>	WK 44 STNC	WK 44 STNC	WK 45 STNC	WK 46 STNC	Goalkeeper	WK 47 STNC	WK 48 STNC
	<b>Station #4 Activity</b>	WK 44 STND	WK 44 STND	WK 45 STND	WK 46 STND	Goalkeeper	WK 47 STND	WK 48 STND
	<b>Station #5 Activity</b>	Skilz	Skilz	Skilz	Skilz	Skilz	Skilz	Skilz
	<b>Station #6 Game</b>					Skilz		

		25-Jun	02-Jul	09-Jul	23-Jul	30-Jul	06-Aug	13-Aug
<b>North Section</b>	<b>Station #1</b>	Royal	Gold	OPEN	Teal	Pink	Royal	Gold
	<b>Station #2</b>	Gold	Teal	OPEN	Pink	Royal	Gold	Teal
	<b>Station #3</b>	Teal	Pink	OPEN	Royal	Gold	Teal	Pink
	<b>Station #4</b>	Pink	Royal	OPEN	Gold	Teal	Pink	Royal
	<b>Station #5</b>	Skilz	Skilz		Skilz	Skilz	Skilz	Skilz
	<b>Station #6</b>							

<b>North Section</b>	<b>Station #1 Activity</b>	WK 49 STNA	WK 50 STNA	OPEN	WK 51 STNA	WK 52 STNA	WK 53 STNA	WK 54 STNA
	<b>Station #2 Activity</b>	WK 49 STNB	WK 50 STNB	OPEN	WK 51 STNB	WK 52 STNB	WK 53 STNB	WK 54 STNB
	<b>Station #3 Game</b>	WK 49 STNC	WK 50 STNC	OPEN	WK 51 STNC	WK 52 STNC	WK 53 STNC	WK 54 STNC
	<b>Station #4 Activity</b>	WK 49 STND	WK 50 STND	OPEN	WK 51 STND	WK 52 STND	WK 53 STND	WK 54 STND
	<b>Station #5 Activity</b>	Skilz	Skilz		Skilz	Skilz	Skilz	Skilz
	<b>Station #6 Game</b>							

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

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

