



# Midwest United FC

“Tradition of Excellence”



## Winter Training “pool training” weekly plan

(ages U9-U14 which are WMYSA level teams)

All pool training sessions will be led by Rich Labadie, Neil Ridgway, Brian Clements and Gregg Williams. Age group coaches will be at sessions as well to increase the player to coach ratio. All sessions will be a camp style with stations. We will have WMU and K College players attend selected dates (TBD) to expose our players to the top players in the area. This also helps to develop a relationship between the college programs and our club.

All sessions will be held at the Dome in Schoolcraft and on Sunday afternoons/evenings between 430 and 830 pm. Below are the pools and their training times starting Feb 11<sup>th</sup> (this is an 8 week program, however we are working on an alternative date for April 1).

<u>Teams:</u>	<u>Training time:</u>
09B all, 09G all	430- 550 pm
08B all, 08G all	550-710 pm
06B/07B white	710-830 pm
04G/05G white	
07G silver	

Please make sure to wear your gray training top and bring your shin guards and ball.

**Sports Performance** will start Feb. 6<sup>th</sup> and go for 8 weeks until Mar. 28<sup>th</sup>

All sports performance sessions will be held at The Dome in Schoolcraft and run by Next Level Performance on Tues.. nights, below are the specific times for each age group.

<u>Teams:</u>	<u>Training time:</u>
09G all, 08G all, 04G white, 05G royal, 07G silver	5-6 pm
09B all, 08B all, 07B white, 06B white	6-7 pm