

Sunday				Monday	Tuesday	Wednesday	Thursday	
Time	Group		Time	Group	Group	Group	Group	
12-1	U11 Boys		530-630	U9 Girls	U9 Boys	U10 Boys	U10/11 Girls	
1-2			630-730	U15 B White	U12 G Mar/Wh	GK U9-U11	U16 Boys	
2-3	U14/16 Girls		730-830	U12 B Maroon	U12 B White	GKU12+	U19 Boys	
3-4	U14 B White		830-930		U19 Girls	U17 Boys		
4-5	U14 B Maroon							
5-6	U15 B Maroon		<p>Winter training will start December 2nd. Please look carefully at your slots for your team! Players are expected to show up with their own ball, correct size, indoor/turf shoes/NO CLEATS. This is important because our winter training is focused on the individual. If we can improve as an individual this winter, the teams will improve going into the Spring! Training will be skills (Coerver work), Juggling, Speed and Agility, and 1v1/2v1/2v2 up to 4v4 small sided activities. Another thing is we expect all to try and make it. If you cannot make your group, reach out to Justin, 2703128733 and come with another age group that week. Concepts are taught throughout the week. If your child is a goalkeeper for your team a lot, we offer keeper training during the winter. Wednesday will be all winter. We will offer Sundays 2-3PM U9-11 and 3-4PM U12 and older. Sundays will be outside at Carroll weather permitting. Jon Parsons will lead this, text him 2707662448, to let him know your child/team/age and anything else you need. All training is at Physical Therapy Associates. It is on 1222 Woodland Dr., Etown, KY 42701. There isn't a lot of space. So it is best to drop your child off and wait in car. There will be a Remind101 setup for cancellations. Text "@affc1819" 81010 to join! Please join this. Helps when managers are working and can't get information out fast enough due to weather and things.</p>					
6-7	U17 Girls							
Weeks of Training								
Week 1	Dec 2-6							
Week 2	Dec 9-13							
Week 3	Dec 16-20							
Week 4	Jan. 6-10							
Week 5	Jan. 13-17							
Week 6	Jan 20-24							
Week 7	Jan. 27-31							
Week 8	Feb. 3-7							
Week 9	Feb. 10-14							
Week 10	Feb. 17-21							
Week 11	Feb. 24-28							