SLSG PLAYER DEVELOPMENT

EXTRA TRAINING FOR THE COMPETITIVE PLAYER

SLSGtraining.com

	FIELD 6			1	2	3	4	5	6	7	8
Speed & Agility	U9-U10	Boys Girls	5:30 PM to 6:30 PM	9/8	9/15	9/22	9/29	10/6	10/13	10/20	10/27
Speed & Agility	U11-U14	Boys Girls	6:30 PM to 7:30 PM	9/8	9/15	9/22	9/29	10/6	10/13	10/20	10/27
THURSDAY AT FENTON SPORTS CO	MPLEX FIELD B (LI	GHTED)		1	2	3	4	5	6	7	8
Speed & Agility	U9-U10	Boys Girls	5:30 PM to 6:30 PM	9/11	9/18	9/25	10/2	10/9	10/16	10/23	10/30
Speed & Agility	U11-U14	Boys Girls	6:30 PM to 7:30 PM	9/11	9/18	9/25	10/2	10/9	10/16	10/23	10/30
FRIDAY AT THE PERFORMANCE TRA):	1	2	3	4	5	6	7	8
Advanced Performance Training	U14+	Boys / Girls	4:00 PM to 5:00 PM	9/12	9/19	9/26	10/3	10/10	10/17	10/24	11/7
Performance Training	U11-U13	Boys / Girls	5:00 PM to 6:00 PM	9/12	9/19	9/26	10/3	10/10	10/17	10/24	11/7
Fundamental Performance Training	U8-U10	Boys / Girls	6:00 PM to 7:00 PM	9/12	9/19	9/26	10/3	10/10	10/17	10/24	11/7
Goalie Performance Training	U11-U13	Boys / Girls	7:00 PM to 8:00 PM	9/12	9/19	9/26	10/3	10/10	10/17	10/24	11/7
SATURDAY AT THE PERFORMANCE *** If you cannot make a Saturday session y	you can make it up Frida	y or Sunday ***		1	2	3	4	5	6	7	8
*** If you cannot make a Saturday session y Fundamental Performance Training	you can make it up Frida U8-U10	y or Sunday *** Boys / Girls	9:00 AM to 10:00 AM	9/13	9/20	9/27	10/4	10/11	10/18	10/25	11/1
*** If you cannot make a Saturday session y Fundamental Performance Training Performance Training	you can make it up Frida U8-U10 U11-13	y or Sunday *** Boys / Girls Boys / Girls	9:00 AM to 10:00 AM 10:00 AM to 11:00 AM	9/13	9/20 9/20	9/27 9/27	10/4	10/11 10/11	10/18 10/18	10/25 10/25	11/1 11/1
*** If you cannot make a Saturday session y Fundamental Performance Training Performance Training Advanced Performance Training	you can make it up Frida U8-U10 U11-13 U14+	y or Sunday *** Boys / Girls Boys / Girls Boys / Girls	9:00 AM to 10:00 AM 10:00 AM to 11:00 AM 11:00 AM to 12:00 AM	9/13 9/13	9/20 9/20 9/20	9/27 9/27 9/27	10/4 10/4	10/11 10/11 10/11	10/18 10/18 10/18	10/25 10/25 10/25	11/1 11/1 11/1
Fundamental Performance Training Performance Training Performance Training Advanced Performance Training Goalie Performance Training	you can make it up Frida U8-U10 U11-13 U14+ U14+	y or Sunday *** Boys / Girls Boys / Girls Boys / Girls Boys / Girls	9:00 AM to 10:00 AM 10:00 AM to 11:00 AM 11:00 AM to 12:00 AM 12:00 PM to 1:00 PM	9/13 9/13 9/13	9/20 9/20 9/20 9/20	9/27 9/27 9/27 9/27	10/4 10/4 10/4	10/11 10/11 10/11 10/11	10/18 10/18 10/18 10/18	10/25 10/25 10/25 10/25	11/1 11/1 11/1 11/1
*** If you cannot make a Saturday session y Fundamental Performance Training Performance Training Advanced Performance Training Goalie Performance Training	you can make it up Frida U8-U10 U11-13 U14+	y or Sunday *** Boys / Girls Boys / Girls Boys / Girls	9:00 AM to 10:00 AM 10:00 AM to 11:00 AM 11:00 AM to 12:00 AM	9/13 9/13	9/20 9/20 9/20	9/27 9/27 9/27	10/4 10/4	10/11 10/11 10/11 10/11	10/18 10/18 10/18	10/25 10/25 10/25 10/25	11/1 11/1 11/1
Fundamental Performance Training Performance Training Advanced Performance Training Goalie Performance Training Goalie Performance Training Goalie Performance Training	you can make it up Frida U8-U10 U11-13 U14+ U14+ U11-13 RAINING CENTER (W	y or Sunday *** Boys / Girls WIT SOCCER PARK	9:00 AM to 10:00 AM 10:00 AM to 11:00 AM 11:00 AM to 12:00 AM 12:00 PM to 1:00 PM 1:00 PM to 2:00 PM	9/13 9/13 9/13	9/20 9/20 9/20 9/20	9/27 9/27 9/27 9/27	10/4 10/4 10/4	10/11 10/11 10/11 10/11	10/18 10/18 10/18 10/18	10/25 10/25 10/25 10/25	11/1 11/1 11/1 11/1
*** If you cannot make a Saturday session y Fundamental Performance Training Performance Training Advanced Performance Training Goalie Performance Training Goalie Performance Training SUNDAY AT THE PERFORMANCE TE *** If you cannot make a Sunday session you	you can make it up Frida U8-U10 U11-13 U14+ U14+ U11-13 RAINING CENTER (Wou can make it up Friday	Boys / Girls VWT SOCCER PARK or Saturday ***	9:00 AM to 10:00 AM 10:00 AM to 11:00 AM 11:00 AM to 12:00 AM 12:00 PM to 1:00 PM 1:00 PM to 2:00 PM	9/13 9/13 9/13 9/13	9/20 9/20 9/20 9/20 9/20	9/27 9/27 9/27 9/27 9/27	10/4 10/4 10/4 10/4	10/11 10/11 10/11 10/11 10/11	10/18 10/18 10/18 10/18 10/18	10/25 10/25 10/25 10/25 10/25	11/1 11/1 11/1 11/1 11/1 8
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