

**L.S.C. Training/Practice Schedule for U-8+ Boys and U-9+ Girls – Fall 2011**

Coaches may hold an **optional** practice (no more than 1 per week) prior to the start of the training schedule – starting the week of August 21<sup>st</sup>, 2011...practices must be held at **Huffy Wallis Park** and can be held any day between **Monday – Friday** or at one of the school fields on Saturday/Sunday.

During the season, coaches can hold up to **1 additional practice** during the week (Monday – Friday) at Huffy Wallis Park...**you must coordinate with me or your respective Age Group Coordinator to do so.**

Training will alternate weeks this season...UK Elite will train all teams one week and then the coaches will practice with their teams the following week, etc.

U-9+ Girls: **Thursdays from 5:30pm – 6:45pm (Field 1)**

U-7/8 Girls: **Thursdays from 6:45pm – 8pm (Field 1)**

U-8+ Boys: **Thursdays from 5:30pm – 6:45pm (Field 1)**

UK Elite will train the U-9+ Girls and U-7/8 Girls on the following dates:

**9/8, 9/22, 10/6 and 10/20**

U-9+ Girls and U-7/8 Girls team coaches will practice with their teams (Fields 2A and 2B) on the following dates:

**9/15, 9/29, 10/13, 10/27 and 11/3**

UK Elite will train the U-8+ Boys on the following dates:

**9/15, 9/29, 10/13 and 10/27**

U-8+ Boys team coaches will practice with their teams (Fields 2A and 2B) on the following dates:

**9/8, 9/22, 10/6, 10/20 and 11/3**

**SEE “BACK FIELDS PLAN” SCHEDULE FOR FIELD ASSIGNMENTS FOR COACHES PRACTICES ON NON-UK ELITE TRAINING NIGHTS**