

**L.S.C. Instructional Practice/Training Schedule for U-6 Boys/Girls and U-7 Boys (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 any of the school fields on Saturday/Sunday.

***You must coordinate through me if you wish to schedule a practice(s) during these 2 weeks! Once the season starts, you are not allowed to practice with your team other than your designated training/practice night (Tuesdays).***

Training for the U-6 boys and U-6 girls will be conducted by United Speed Clinic. Training will alternate weeks this season...the trainers will train all teams one week and then the coaches will practice with their teams the following week, etc.

Training for the U-7 boys will be conducted by UK Elite. The U-7 boys teams will alternate weeks of training...2 teams will train with UK Elite one week while the other 2 teams practice with their coaches...they will then alternate the following week.

U-6 Boys: **Tuesdays from 5:30pm – 6:30pm at Hebrew Park (Field 1) – United Speed Clinic**

U-6 Girls: **Tuesdays from 6:45pm – 7:45pm at Hebrew Park (Field 1) – United Speed Clinic**

U-7 Boys: **Tuesdays from 5:30pm – 6:30pm at Hebrew Park (Field 2A) – UK Elite**

**USC will do training for all U-6 teams on Field 1 on the following dates:**

**9/6, 9/20, 10/4 and 10/18**

**U-6 coaches will run practices with their teams on Field 1 on the following dates:**

**9/13, 9/27, 10/11, 10/25 and 11/1**

**UK Elite will do training for the U-7 Boys Blue team and Orange team (Field 2A) on the following dates, while the Black team and the White team (Field 2B) will run their practices with their coaches:**

**9/6, 9/20, 10/4 and 10/18**

**UK elite will do training for the U-7 Boys Black team and White team (Field 2A) on the following dates, while the Blue team and the Orange team (Field 2B) will run their practices with their coaches:**

**9/13, 9/27, 10/11 and 10/25**

**NOTE: all U-7 boys coaches will be running their own practices on 11/1 (no UK Elite training that night).**

**SEE “BACK FIELDS PLAN” SCHEDULE FOR FIELD ASSIGNMENTS FOR TEAMS ON THOSE FIELDS.**