

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Training	4 Ind Fitness	5 Training	6 Ind Fitness	7	8 Ind Fitness
9	10 Training	11 Ind Fitness	12 Training	13 Ind Fitness	14	15 Ind Fitness
16	17 Outdoor training	18 Ind Fitness	19 Outdoor training	20 Ind Fitness	21 Outdoor training	22 EXC Game # 1
23	24 Outdoor training	25 Ind Fitness	26 Outdoor training	27 Ind Fitness	28 Outdoor training	29 Exc Game # 2
30	May 1 st Season starts					

Basic Playing style for all Teams: Disciplined, PUNCTUAL, dressed appropriately, Organized

Pre-Game Warm up: Standard Dynamic warm up. See previous lesson plan.

Game Strategy: Aggressive pressure on the ball all over the field, especially after we lose the ball. Clean play with only positive comments to teammates and referees.

Organized on all re-start plays. Must practice re-starts in practice. Center re-start is going forward not backwards. PERIOD. Attacking play using the flanks and wide spreading of the field with combination plays to enter the 18 yard box. Shoot when lanes are clear and go to the net for rebounds. Defensively don't dive in. Stay on your feet and cover for each other.

STRESS talking and positive playing forwards.