

U7 BLUE, WHITE, BLACK, RED										
NOTE These are the drills you are running that day!										
	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	
Warm Up (General Movement) START 12MINS	6-May	8-May	13-May	15-May	20-May	22-May	27-May	29-May	3-Jun	
Coordination 12MINS	Team Blue	Team Blue	Team Blue	Team Blue	Team Blue	Team Blue	Team Blue	Team Blue	Team Blue	
Soccer Technique 12MINS	Team White	Team White	Team White	Team White	Team White	Team White	Team White	Team White	Team White	
Small Sided Games (Scrimmage) 12MINS	Team Black	Team Black	Team Black	Team Black	Team Black	Team Black	Team Black	Team Black	Team Black	
	Team Red	Team Red	Team Red	Team Red	Team Red	Team Red	Team Red	Team Red	Team Red	
Game Days Where you Verse other Teams	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	
Game Schedule:										
May 15th Blue vs. White : Black vs. Red	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY					
May 29th Blue vs. Black : White vs. Red	5-Jun	10-Jun	12-Jun	17-Jun	19-Jun					
June 12th Blue vs. Red : Black vs. White	Team Blue	Team Blue	Team Blue	Team Blue	Team Blue					
June 17th TBD (30MINS) NO WARMUP	Team White	Team White	Team White	Team White	Team White					
June 19th TBD (30MINS) NO WARMUP	Team Black	Team Black	Team Black	Team Black	Team Black					
	Team Red	Team Red	Team Red	Team Red	Team Red					
LONESTAR COMING WITH DRILLS	Everyone	Everyone	Everyone	Everyone	Everyone					

U7 GREEN, ORANGE, YELLOW, PURPLE										
NOTE These are the drills you are running that day!										
	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	
Warm Up (General Movement) START 12MINS	6-May	8-May	13-May	15-May	20-May	22-May	27-May	29-May	3-Jun	
Coordination 12MINS	Team Green	Team Green	Team Green	Team Green	Team Green	Team Green	Team Green	Team Green	Team Green	
Soccer Technique 12MINS	Team Orange	Team Orange	Team Orange	Team Orange	Team Orange	Team Orange	Team Orange	Team Orange	Team Orange	
Small Sided Games (Scrimmage) END 12MINS	Team Yellow	Team Yellow	Team Yellow	Team Yellow	Team Yellow	Team Yellow	Team Yellow	Team Yellow	Team Yellow	
	Team Purple	Team Purple	Team Purple	Team Purple	Team Purple	Team Purple	Team Purple	Team Purple	Team Purple	
Game Days Where you Verse other Teams	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	Everyone	
Game Schedule:										
May 15th Green vs. Yellow : Orange vs. Purple	WEDNESDAY	MONDAY	WEDNESDAY	MONDAY	WEDNESDAY					
May 29th Green vs. Orange : Yellow vs. Purple	5-Jun	10-Jun	12-Jun	17-Jun	19-Jun					
June 12th Green vs. Purple : Orange vs. Yellow	Team Green	Team Green	Team Green	Team Green	Team Green					
June 17th TBD (30MINS)	Team Orange	Team Orange	Team Orange	Team Orange	Team Orange					
June 19th TBD (30MINS)	Team Yellow	Team Yellow	Team Yellow	Team Yellow	Team Yellow					
	Team Purple	Team Purple	Team Purple	Team Purple	Team Purple					
LONESTAR COMING WITH DRILLS	Everyone	Everyone	Everyone	Everyone	Everyone					

