

EVOLUTION SOCCER

AL WAAB TRAINING SCHEDULE



2016-2017 SEASON

TERM 3 (23 APRIL – 1 JULY)

EVOLUTION SOCCER **AGE GUIDE**

AGE GROUP	AGE AS OF SEPT 1 ST 2016	GUIDE
UNDER 7	6 YEARS OLD	MAY TURN 7 THROUGHOUT THE YEAR
UNDER 8	7 YEARS OLD	MAY TURN 8 THROUGHOUT THE YEAR
UNDER 9	8 YEARS OLD	MAY TURN 9 THROUGHOUT THE YEAR
UNDER 10	9 YEARS OLD	MAY TURN 10 THROUGHOUT THE YEAR
UNDER 11	10 YEARS OLD	MAY TURN 11 THROUGHOUT THE YEAR
UNDER 12	11 YEARS OLD	MAY TURN 12 THROUGHOUT THE YEAR
UNDER 14	12 OR 13 YEARS OLD	MAY TURN 13 OR 14 THROUGHOUT THE YEAR
UNDER 16	14, 15 OR 16 YEARS OLD	MAY TURN 15 OR 16 THROUGHOUT THE YEAR

YOU'RE CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2016.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2016-2017 SEASON (MUCH LIKE SCHOOL GRADES).

PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACH'S DISCRETION.

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TERM 3 TRAINING SCHEDULE 2016/2017

(UNDER 7 – UNDER 10)



TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
U7 LIONS & TIGERS	4.30-5.30					4.30-5.30	
U7 CHEETAHS & PANTHERS	4.30-5.30					11.15-12.15	
U8 LIONS & TIGERS	5.30-6.30					4.30-5.30	
U8 CHEETAHS & PANTHERS	5.30-6.30					12.15-1.15	
U9 LIONS & TIGERS				4.30-5.30		5.30-6.30	
U9 CHEETAHS & PANTHERS				4.30-5.30		1.15-2.15	
U9 LEOPARDS				4.30-5.30		3.15-4.15	
U10 LIONS & TIGERS				5.30-6.30		5.30-6.30	
U10 CHEETAHS & PANTHERS				5.30-6.30		2.15-3.15	
U10 LEOPARDS				5.30-6.30		3.15-4.15	

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(UNDER 11 – UNDER 16)



TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
U11 LIONS & TIGERS		4.30-5.30					4.30-5.30
U11 CHEETAHS		4.30-5.30					11.45-1.00
U12 LIONS & TIGERS		5.30-6.30					4.30-5.30
U12 CHEETAHS		5.30-6.30					11.45-1.00
U14 A1					4.30-5.30		5.30-6.30
U14 A2			5.30-6.30				5.30-6.30
U14 A3			5.30-6.30				1.00-2.15
U14 B1 & B2			4.30-5.30				2.15-3.30
U16 A1					5.30-6.30		6.30-7.30
U16 A2					5.30-6.30		6.30-7.30
U16 A3					4.30-5.30		3.30-4.45
U16 B1					4.30-5.30		3.30-4.45