

Junior Huskies 2020/21 Programming – Training Times

U15 & U17 Age Group (04 – 05 / 06 & 07's)

Cost: \$825.00

On Field Training Sessions – Phase I

40 sessions in Total

September 14th – October 9th

- Monday's – 5:00 – 6:30 pm @ U of S Grass Field (Field 7 & 8)
- Thursday's - 5:00 – 6:30 pm @ U of S Grass Field (Field 7 & 8)

September (5): 14, 17, 21, 24, 28

October (3): 1, 5, 8

October 14th – February 8th

- Monday's - 6:30 am – 8:00 am @ Sasktel Soccer Centre (Turf) ¼ Field
- Wednesday's – 6:15 am – 7:30 am @ Sasktel Soccer Centre (Family Focus)
- Friday's – 6:30 am – 8:00 am @ Sasktel Soccer Centre (Turf) ¼ Field

October (8): 14, 16, 19, 21, 23, 26, 28, 30

November (8): 2, 4, 6, 16, 20, 23, 25, 27

December (7): 2, 4, 7, 9, 11, 14, 16

January (7) : 13, 15, 18, 20, 22, 25, 29

February (2): 3, 5

Strength & Conditioning Sessions @ Ignite – Phase I

15 Sessions

- Thursday's - 5:30 pm @ Ignite Facility (Gordie Howe Bowl)

October: 22, 29

November: 5, 12, 19, 26

December: 3, 10, 17,

January: 14, 19, 21, 26, 28,

February: 2

Growth Sessions

Sunday Evenings (6:00 – 7:00 pm)

8 to 10 Zoom Sessions where we will have presenters discuss a variety of topics ranging from below:

- Tactical Trends of the Game
- Sport Nutrition
- Building Leadership Qualities
- Recruiting Processes for Universities
- Player Profiles (Learning from what the best do)
- Sport Psychology
- Building Character through Sport
- Video Analysis

U19 Age Group (02 – 03s)

Cost: \$900

On Field Training Sessions – Phase I

40 sessions in Total

September 14th – October 9th

- Monday's – 5:30 – 7:00 pm @ U of S Grass Field (Field 7 & 8)
- Thursday's - 5:30 – 7:00 pm @ U of S Grass Field (Field 7 & 8)

September (5): 14, 17, 21, 24, 28

October (3): 1, 5, 8

October 14th – February 8th

- Monday's - 6:15 am – 7:30 am @ Sasktel Soccer Centre (Family Focus)
- Wednesday's – 6:30 am – 8:00 am @ Sasktel Soccer Centre (Turf) ½ Field
- Friday's – 6:30 am – 8:00 am @ Sasktel Soccer Centre (Turf) ¼ Field

October (8): 14, 16, 19, 21, 23, 26, 28, 30

November (8): 2, 4, 6, 16, 20, 23, 25, 27

December (7): 2, 4, 7, 9, 11, 14, 16

January (7) : 13, 15, 18, 20, 22, 25, 29

February (2): 3, 5

Strength & Conditioning Sessions @ Ignite – Phase I

20 sessions

- Tuesdays & Thursday's - 8:00 pm @ Ignite Facility (Gordie Howe Bowl)

October: 20, 22, 27, 29

November: 3, 5, 10, 12, 19, 24, 26

December: 1, 3, 8, 10,

January: 14, 19, 21, 26, 28,

Growth Sessions

Sunday Evenings (6:00 – 7:00 pm)

8 to 10 Zoom Sessions where we will have presenters discuss a variety of topics ranging from below:

- Tactical Trends of the Game
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