

# Junior Huskies 2020/21 Programming – Training Times

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

Cost: \$825.00 (3 Instalments of 275.00)

### On Field Training Sessions – Phase I

40 sessions in Total

#### September 14<sup>th</sup> – October 9<sup>th</sup>

- o Monday's – 5:00 – 6:30 pm @ U of S Grass Field (Field 7 & 8)
- o 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 14<sup>th</sup> – February 8<sup>th</sup>

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

- o Thursday's - 6:30 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

### **Dates:**

1. October 4<sup>th</sup>
2. October 18<sup>th</sup>
3. November 1<sup>st</sup>
4. November 8<sup>th</sup>
5. November 22<sup>nd</sup>
6. December 6<sup>th</sup>
7. December 13<sup>th</sup>
8. January 17<sup>th</sup>
9. January 24<sup>th</sup>
10. January 31<sup>st</sup> \*TBA

## U19 Age Group (02 – 03s)

**Cost: \$900 (3 Installments of 300)**

### **On Field Training Sessions – Phase I**

*40 sessions in Total*

#### **September 14<sup>th</sup> – October 9<sup>th</sup>**

- o Monday's – 5:30 – 7:00 pm @ U of S Grass Field (Field 7 & 8)
- o 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 14<sup>th</sup> – February 8<sup>th</sup>**

- o Monday's - 6:15 am – 7:30 am @ Sasktel Soccer Centre (Family Focus) \* Futsal Based
- o Wednesday's – 6:30 am – 8:00 am @ Sasktel Soccer Centre (Turf) ½ Field (GKs)
- o 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

- o 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
- 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

### **Dates:**

11. October 4<sup>th</sup>
12. October 18<sup>th</sup>
13. November 1<sup>st</sup>
14. November 8<sup>th</sup>
15. November 22<sup>nd</sup>
16. December 6<sup>th</sup>
17. December 13<sup>th</sup>
18. January 17<sup>th</sup>
19. January 24<sup>th</sup>
20. January 31<sup>st</sup> \*TBA