

2011 Marist Boys Soccer Season Training Schedule (Mandatory)		
All Player Skills Evaluation		
22-Aug	5pm-8pm	All Players Skills Evaluation
23-Aug	5pm-8pm	All Players Skills Evaluation
24-Aug	5pm-8pm	All Players Skills Evaluation
25-Aug	5pm-8pm	All Player Training & Team Formations

Varsity Training Schedule	Time	Activity
26-Aug	6:30am-8:00am 4:30pm-6:30pm	Conditioning Technical & Tactical Training
27-Aug	OFF	
28-Aug	Individual Run	
29-Aug	7:00am-8:30am 4:30pm-6:30pm	Conditioning Technical & Tactical Training
30-Aug	7:00am-8:30am 4:30pm-6:30pm	Conditioning Technical & Tactical Training
31-Aug	4:30pm-6:30pm	Technical & Tactical Training
1-Sep	Sheldon Jamboree	ALL DAY (Game times TBA)
2-Sep	4:30pm-6:30pm	Technical & Tactical Training
3-Sep	OFF	
4-Sep	Individual Run	
5-Sep	Individual Run	
Varsity Training for School Days		
	4:30pm-6:30pm	Technical & Tactical Training
****BRING RUNNING SHOES & SOCCER SHOES TO EVERY TRAINING ALL SEASON****		

JV Training Schedule	Time	Activity
26-Aug	4:30pm-7:00pm	Technical & Tactical & Conditioning
27-Aug	OFF	

28-Aug	Individual Run	
29-Aug	4:30pm-7:00pm	Technical & Tactical & Conditioning
30-Aug	4:30pm-7:00pm	Technical & Tactical & Conditioning
31-Aug	4:30pm-7:00pm	Technical & Tactical & Conditioning
1-Sep	4:30pm-7:00pm	Technical & Tactical & Conditioning
2-Sep	4:30pm-7:00pm	Technical & Tactical & Conditioning
3-Sep	OFF	
4-Sep	Individual Run	
5-Sep	Individual Run	

******Bring a Snack for the 3 hour training sessions******

JV Training for School Days

4:00pm-6:00pm Technical & Tactical Training

******BRING RUNNING SHOES & SOCCER SHOES TO EVERY TRAINING ALL SEASON******

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