

Weekly Grassroots Circuit Schedule_u8 Boys_2019

		08-May COACHES ONLY	15-May	22-May	29-May	05-Jun	12-Jun	19-Jun
FTT #4	Station #1	Red	Red	Royal	Silver	Gold	Emerald	Lime
	Station #2	Royal	Royal	Silver	Gold	Emerald	Lime	Red
	Station #3	Silver	Silver	Gold	Emerald	Lime	Red	Royal
	Station #4	Gold	Gold	Emerald	Lime	Red	Royal	Silver
	Station #5	Emerald	Emerald	Lime	Red	Royal	Silver	Gold
	Station #6	Lime	Lime	Red	Royal	Silver	Gold	Emerald
FTT #5	Station #1	Navy	Navy	Orange	White	Maroon	Black	Sky
	Station #2	Orange	Orange	White	Maroon	Black	Sky	Navy
	Station #3	White	White	Maroon	Black	Sky	Navy	Orange
	Station #4	Maroon	Maroon	Black	Sky	Navy	Orange	White
	Station #5	Black	Black	Sky	Navy	Orange	White	Maroon
	Station #6	Sky	Sky	Navy	Orange	White	Maroon	Black

FTT #4	Station #1 Activity	WK 44 STNA	WK 44 STNA	WK 45STNA	WK 46 STNA	Goalkeeper	WK 47 STNA	WK 48 STNA
	Station #2 Activity	WK 44 STNB	WK 44 STNB	WK 45 STNB	WK 46 STNB	Goalkeeper	WK 47 STNB	WK 48 STNB
	Station #3 Game	WK 44 STNC	WK 44 STNC	WK 45 STNC	WK 46 STNC	Goalkeeper	WK 47 STNC	WK 48 STNC
	Station #4 Activity	WK 44 STND	WK 44 STND	WK 45 STND	WK 46 STND	Goalkeeper	WK 47 STND	WK 48 STND
	Station #5 Activity	SKILZ	SKILZ	SKILZ	SKILZ	Goalkeeper	SKILZ	SKILZ
	Station #6 Game	SSG	SSG	SSG	SSG	SSG	SSG	SSG
FTT #5	Station #1 Activity	WK 44 STNA	WK 44 STNA	WK 45STNA	WK 46 STNA	WK 46 STNA	Goalkeeper	WK 48 STNA
	Station #2 Activity	WK 44 STNB	WK 44 STNB	WK 45 STNB	WK 46 STNB	WK 46 STNB	Goalkeeper	WK 48 STNB
	Station #3 Game	WK 44 STNC	WK 44 STNC	WK 45 STNC	WK 46 STNC	WK 46 STNC	Goalkeeper	WK 48 STNC
	Station #4 Activity	WK 44 STND	WK 44 STND	WK 45 STND	WK 46 STND	WK 46 STND	Goalkeeper	WK 48 STND
	Station #5 Activity	SKILZ	SKILZ	SKILZ	SKILZ	SKILZ	Goalkeeper	SKILZ
	Station #6 Game	SSG	SSG	SSG	SSG	SSG	SSG	SSG



Link to OS Grassroots Sessions for weekly training (click FUNdamentals tab):

<https://www.ontariosoccer.net/grassroots-practices>

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		26-Jun	03-Jul	10-Jul	17-Jul	24-Jul	31-Jul	07-Aug
FTT #4	Station #1	Red	Royal	Silver	Gold	Emerald	Lime	Maroon
	Station #2	Royal	Silver	Gold	Emerald	Lime	Red	Navy
	Station #3	Silver	Gold	Emerald	Lime	Red	Royal	White
	Station #4	Maroon	Black	Sky	Navy	Orange	White	Sky
	Station #5	Black	Sky	Navy	Orange	White	Maroon	Navy
	Station #6	Sky	Navy	Orange	White	Maroon	Black	Orange
FTT #5	Station #1	Orange	Silver	Sky	Emerald	Forest	Royal	Royal
	Station #2	Silver	Sky	Emerald	Forest	Royal	Orange	Orange
	Station #3	Sky	Emerald	Forest	Royal	Orange	Silver	Silver
	Station #4	Gold	Emerald	Lime	Red	Royal	Silver	Lime
	Station #5	Emerald	Lime	Red	Royal	Silver	Gold	Red
	Station #6	Lime	Red	Royal	Silver	Gold	Emerald	Royal

FTT #4	Station #1 Activity	WK 49 STNA	WK 50 STNA	OPEN	WK 51 STNA	WK 52 STNA	WK 53 STNA	WK 54 STNA
	Station #2 Activity	WK 49 STNB	WK 50 STNB	OPEN	WK 51 STNB	WK 52 STNB	WK 53 STNB	WK 54 STNB
	Station #3 Game	WK 49 STNC	WK 50 STNC	OPEN	WK 51 STNC	WK 52 STNC	WK 53 STNC	WK 54 STNC
	Station #4 Activity	WK 49 STND	WK 50 STND	OPEN	WK 51 STND	WK 52 STND	WK 53 STND	WK 54 STND
	Station #5 Activity	SKILZ	SKILZ	OPEN	SKILZ	SKILZ	SKILZ	SKILZ
	Station #6 Game	SSG	SSG	OPEN	SSG	SSG	SSG	SSG
FTT #5	Station #1 Activity	WK 49 STNA	WK 50 STNA	OPEN	WK 51 STNA	WK 52 STNA	WK 53 STNA	WK 54 STNA
	Station #2 Activity	WK 49 STNB	WK 50 STNB	OPEN	WK 51 STNB	WK 52 STNB	WK 53 STNB	WK 54 STNB
	Station #3 Game	WK 49 STNC	WK 50 STNC	OPEN	WK 51 STNC	WK 52 STNC	WK 53 STNC	WK 54 STNC
	Station #4 Activity	WK 49 STND	WK 50 STND	OPEN	WK 51 STND	WK 52 STND	WK 53 STND	WK 54 STND
	Station #5 Activity	SKILZ	SKILZ	OPEN	SKILZ	SKILZ	SKILZ	SKILZ
	Station #6 Game	SSG	SSG	OPEN	SSG	SSG	SSG	SSG



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