



# CC United U8-U19 Summer 2010 Indoor Age Group Training



The following indoor training sessions are provided by CC United as part of the player registration fees. Players should arrive 10 minutes PRIOR to their team's scheduled session to warm-up.

Each **session will be coached** by Jonathan Tudor, Director of Coaching. The focus of each session is to further develop individual technical skills. The coaches for each team are encouraged to attend and help out.

AGE GROUP	LOCATION(S)	DATES	TIME
U9 Boys	Victoria Field House	Sundays February 7 <sup>th</sup> 14 <sup>th</sup> March 7 <sup>th</sup>	12pm-1pm
U9 Girls Gold 3,4,5,6	Victoria Field House	Sundays February 7 <sup>th</sup> 14 <sup>th</sup> March 7 <sup>th</sup>	1:05pm-2:05pm
U9 Girls Maroon Gold 1, 2	Victoria Field House	Sundays February 7 <sup>th</sup> 14 <sup>th</sup> March 7 <sup>th</sup>	2-10pm-3:10pm
U10 Girls	Victoria Field House	Sundays February 7 <sup>th</sup> 14 <sup>th</sup> March 7 <sup>th</sup>	3:15pm-4:15pm
U10 Boys	Victoria Field House	Sundays February 7 <sup>th</sup> 14 <sup>th</sup> March 7 <sup>th</sup>	4:15pm-5:30pm
U11 Girls Classic 2	Victoria Field House	Sunday March 14 <sup>th</sup>	12pm-1pm
		Mondays March 1 <sup>st</sup> 8 <sup>th</sup>	5:00pm-6:00pm
U11 Girls Classic 3	Victoria Field House	Sunday March 14 <sup>th</sup>	1:05pm-2:05pm
		Mondays March 1 <sup>st</sup> 8 <sup>th</sup>	6:00pm-7:00pm
U12 Boys	Victoria Field House	Sunday March 14 <sup>th</sup>	2:10pm-3:10pm
		Mondays March 1 <sup>st</sup> 8 <sup>th</sup>	7:00pm-8:00pm
U12 Girls	Victoria Field House	Sunday January 24 <sup>th</sup> 31 <sup>st</sup>	3:45-5:15pm
		Tuesday March 9 <sup>th</sup>	5:00pm-6:00pm
U13 Boys	Victoria Field House	Sunday January 24 <sup>th</sup>	12-1:10pm
		Sunday January 31 <sup>st</sup>	2:25-3:45pm
		Tuesday March 9 <sup>th</sup>	6:00pm-7:00pm
U17Boys	Victoria Field House	Saturday March 6 <sup>th</sup> 13 <sup>th</sup>	6:30pm-7:40pm
		Tuesday March 9 <sup>th</sup>	8:00pm-9:00pm
U13 Girls	Victoria Field House	Sundays January 24 <sup>th</sup>	2:25pm-3:40pm
		Saturday March 6 <sup>th</sup> 13 <sup>th</sup>	4:10pm-5:20pm
U15 Boys	Victoria Field House	Fridays February 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup> March 5 <sup>th</sup>	5:30pm-6:30pm
U14 Girls	Victoria Field House	Saturday March 6 <sup>th</sup> 13 <sup>th</sup>	3:00pm-4:10pm
		Sunday Jan 24 <sup>th</sup>	1:15pm-2:20pm
U11 Boys C2	Victoria Field House	Thursdays March 4 <sup>th</sup> 11 <sup>th</sup>	5:00-6:00pm
		Fridays Jan 29 <sup>th</sup>	5:30pm-6:30pm
U11 Boys C3	Victoria Field House	Sunday January 10 <sup>th</sup> 17 <sup>th</sup>	12:00pm-1:00pm
		Monday March 8 <sup>th</sup>	5:00pm-6:00pm
U15 Girls Classic 1	Victoria Field House	Thursdays March 4 <sup>th</sup> 11 <sup>th</sup>	8:00pm-9:00pm
		Fridays Jan 29 <sup>th</sup>	6:30pm- 7:30pm
U15 Girls Classic 3	Victoria Field House	Thursdays March 4 <sup>th</sup> 11 <sup>th</sup>	6:00pm-7pm
		Saturday March 6 <sup>th</sup> 13 <sup>th</sup>	7:40pm-8:50pm
U16 Girls	Victoria Field House	Fridays February 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup> March 5 <sup>th</sup>	7:40-8:40
U16 Boys	Victoria Field House	Fridays February 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup> March 5 <sup>th</sup>	6:35pm-7:35pm
U14 Boys	Victoria Field House	Saturday March 6 <sup>th</sup> 13 <sup>th</sup>	5:20pm-6:30pm
		Fridays Jan 29 <sup>th</sup>	7:30pm-8:30pm
U17 Girls	Victoria Field House	Fridays February 12 <sup>th</sup> 19 <sup>th</sup> 26 <sup>th</sup> March 5 <sup>th</sup>	8:45pm-10pm
U18 Girls	Victoria Field House	Saturday March 6 <sup>th</sup> 13 <sup>th</sup>	8:50pm-10:00pm
		Tuesday March 2 <sup>nd</sup> 9 <sup>th</sup>	7:00pm-8:00pm

Please make sure that each player arrives 10 minutes prior to the session and brings with them a ball, water bottle and TURF or running SHOES (no cleats)

### Location:

- Victoria Field House is located south of Hwy 5 off of Bavaria Rd., take a right onto Cty. Rd. 18 then a left to Kochia Lane (next to the Acorn House)