

## Team Training Times

Times	Tuesday			Wednesday			Thursday		
	Pitch 1	Middle	Pitch 3	Pitch 1	Middle	Pitch 3	Pitch 1	Middle	Pitch 3
4.30 - 5.30		U7		U9 Lions	U9 Leopards	U9 Tiger	U8 Lions	U8 Tigers	
5.45 - 6.45	U12 Lions	U12 Leopards	Girls U8 & U9s	U10 Lions	U10 Tigers		U11 Lions	U11 Tigers	U11 Leopards
7.00 - 8.00		U15 Colts		U14 Colts	U14 Youth	U14 Blue	U13 Lions	U13 Tigers	
8.15 - 9.15		U16 Colts			U15 Youth		U18	U18	

## Be Sports Additional Training

Strength and Conditioning (individual development)*	
Monday	
4.30 - 5.30	U7, U8 and U9
5.45 - 6.45	U10, U11 and U12
7.00 - 8.00	U13, U14 and U15

Goalkeeper Training	
TBC	
TBC	U7 to U12s
TBC	U13 to U18s

\* Be Sports run these Monday sessions in batches of 8 to 10 weeks and these are charged separately at £5 per session. Visit either [www.richmondkewfc.co.uk](http://www.richmondkewfc.co.uk) for further