



TRAINING SCHEDULES

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:30						
9:30-11:00						
12:00-13:30						
15:00-16:30						10-16 yrs Theory/Game
16:00-17:30	10-13 yrs Training	10-13 yrs Training	10-13 yrs Training	10-13 yrs Training	10-13 yrs Training	
17:30-19:00	13-16 yrs Training	13-16 yrs Training	13-16 yrs Training	13-16 yrs Training	13-16 yrs Training	

Training

SFA will focus training on 11-a-side football, placing players in age brackets initially, then SFA will place players based on merit and weight classing. Additionally, A team and B team selections will have a unified tactical understanding.