



SJC Football Training Schedule 2016

Term 2

MORNING TRAINING

	Monday 6.30-7.30	Tuesday 6.30-7.30	Wednesday 6.30-7.30	Wednesday 6.30-7.30	Thursday 6.30-7.30	Friday 6.30-7.30
Lower Park						1XI
Fitness/HC	1XI/2XI					

AFTERNOON TRAINING

	Monday 3:50 – 5:00	Tuesday 3:50 – 5:00	Wednesday 2:50 – 3:50	Wednesday 3:50 - 5:00	Thursday 3:50 - 5:00	Friday 3:50 - 5:00
SJC 5 Lower Park	1 st XI 2 nd XI	2XI 15A	1st XI 2nd XI	1st XI/2nd XI Fitness 13B 13C	1st XI/2nd XI Tactical Game	3XI 16A
LP Grids	16A	3XI	GK Training (Yrs 10,11&12) 3 rd XI	GK Training (Yrs 7,8 & 9) 3 rd XI	3rd XI	15A
Park Field 3:	N/A	N/A	14A/15A Skill Session	13A/16A Skill Session	N/A	N/A
Tarban Riverglade Field 1: Eastern End Half field each	14A 16B	13A 16A 4XI	16A 6XI	14A 4XI	14A 15B 16B	13B
Tarban Riverglade Field 2: Western End Half field each		13C 14B 5XI	15B 5XI	14B 16C	13A 16C 6XI	

Teams are not to be left without a coach. If so, Captain report to Mr James immediately. Coaches must inform the Convenor at least 24 hours in advance if they will be away. Many thanks, Mr James (Convenor)