

## GR. 7 PM MARCH 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>2</b> STATIONS <b>FULL FIELD- MCKINNON</b>	<b>3</b> THE BRIDGE @ ED'S (See Notes)	<b>4</b> TRAINING	<b>5</b> Shadow Day	<b>6</b> COMP DAY Coach McKinnon- Andy /Ruslan <b>Full Field small - Falcone</b>	<b>7</b>
<b>8</b>	<b>9</b> TRAINING	<b>10</b> Gr. 7 @ Ed's - taping session	<b>11</b> TRAINING	<b>12</b> Shadow Day	<b>13</b> COMP. DAY Falcone- Val <b>Full Field Large Andy-Ruslan</b>	<b>14</b>
<b>15</b>	<b>16</b> <b>FULL FIELD            SMALL - VAL</b> TRAINING	<b>17</b> Gr. 7 @ the Bridge	<b>18</b> TESTING	<b>19</b>	<b>20</b> SMALL FIELD with Falcone	<b>21</b>
<b>22</b>	<b>23</b> TESTING	<b>24</b> HEALTH/ HEALTH	<b>25</b> TRAINING Small Sided Games	<b>26</b> TBD	<b>27</b> HALF DAY NO ACADEMY	<b>28</b>
<b>29</b>	<b>30</b> Spring Break	<b>31</b> Spring Break				

Vic-14025 142 St. Edm. The Bridge St. Albert - 140 St. Albert Trail Suite 410, St. Albert

## **THE BRIDGE - Sports Therapy and Training**

**March 3 and 17 - Students will need to wear an academy top, shorts or sweats and bring clean indoor runners.**

### **I. PURPOSE**

**A Bridge Practitioner will provide the following services selected below:**

#### **Week 1: Tuesday, March 3rd**

Focus: Knee & Ankle Presentation + Team Warm up and Activation Program:

1:00 PM | Grade 7 | St. Edmunds | Presentation

#### **Week 2: Tuesday, March 10th**

Focus: Taping

1:00 PM | Grade 7 | St. Edmunds | Taping Session

#### **Week 3: Tuesday, March 17th**

Focus: Training Session

1:00 PM | Grade 7 | The Bridge | Training Session

### **STATIONS**

Ruslan- Finishing Techniques

Val- Soccer Tennis

Rita- SAQ

Andy- Rondo Challenges

### **TRAINING**

**Passing and movement**

**Attacking and Finishing**

**Possession and Rondos**

**TESTING** - 3rd round

