

GR. 4-6 PM MARCH 2026 (Comp. Day 3 v 3 or 4 v 4)

SUN	MON	TUES	WED	THURS	FRI	SAT
	2 STATIONS -Large Field FULL FIELD - McKinnon	3 Gr 4-5 Health/Religion Gr. 6- Religion/Health	4 TRAINING	5	6 COMP DAY Coach McKinnon- Andy /Ruslan 4 v 4 Full Field- Falcone	7
8	9 TRAINING SAQ	10 Gr 4-5 Health/Religion Gr. 6- Religion/Health	11 TRAINING	12	13 COMP. DAY Falcone- Val 3 v3 small field with McKinnon Full Field Andy-Ruslan (large field)	14
15	16 FULL FIELD VAL TRAINING all other groups	17 Gr 4-5 Health/Religion Gr. 6- Religion/Health	18 TESTING	19	20 Grade 4-6 @ school with McKinnon (Dance with Groovebox)	21
22	23 TESTING	24 SWIMMING TBD	25 TRAINING Small Sided Games	26 TBD	27 HALF DAY NO ACADEMY	28
29	30 Spring Break	31 Spring Break				

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

TRAINING TOPICS

- SAQ- Speed, Agility and Quickness
- Passing and movement
- Attacking and Finishing
- Possession and Rondos

STATIONS March 2,, 2026

Ruslan- Finishing Techniques

Val- Small Sided Game

Lisa- Soccer Tennis

Andy- Rondo Challenges

TESTING 3rd round