

GO-PRO SPORTS ACADEMY

2019-2020 TRAINING SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
SESSION 1	5.00pm - 6.30pm	5.00pm -6.30pm	5.45pm - 7.00pm	4.45pm - 6.15pm	9.00am - 10.30am
	U10s - U13s Goalkeepers	U7s - U8's Boys	U10s - U13s Boys	U7s - U8s Boys	Fitness and Futsal
	U10s - U11s	U10s - U11s Boys	U10s - U13s Goalkeepers	U10s - U11 Futsal	
	U12s - U13s	U9s - U12s Girls	U15s - U18s Girls	U12s - U13s Boys	
	U10s - U13s Girls	U12s - U13s Boys Futsal	U15s - U16s Boys (Defensive) Positional Session	U12s - U16s Girls	
SESSION 2	6.30pm - 8.00pm	6.30pm -8.30pm	7.15pm - 8.45pm	6.15pm -7.45pm	10.30am -11.30am
	U14s -U18s Goalkeepers	U14s - U16s Boys	U13s -U18s Goalkeepers	U14s Boys	U6s - U9s Boys Futsal
	U14s - U18 Girls		U16s - U18s Boys Senior Session	U15s - U16s Boys	U14's-U18's Girls Fitness & Technical*
	U14s Boys		U13s-U15s Attacking Mid Strikers Session	Goalkeepers (Footwork/Handling)	<i>* 1st/3rd Friday of each month</i>
	U14s - U16s Football Related Fitness				
SESSION 3				7.45pm - 9.15pm	
				U17s - U18s Boys	