

ELTHAM REDBACKS 2010 PLAN ON A PAGE

2010 Season Training Schedule

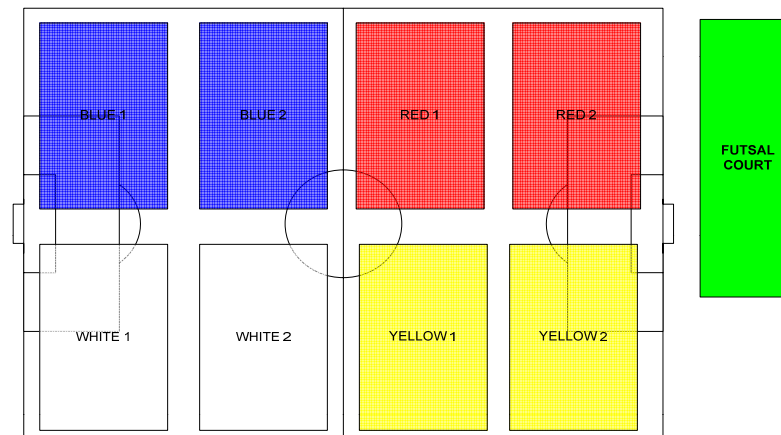
Version 5.0

Effective Date: 11 Apr 10

PITCH 1 (MAIN) TRAINING SCHEDULE (STARTS MONDAY 12 APR 2010)

DAY	TIME SLOT	TRAINING ZONE								
		RED		YELLOW		BLUE		WHITE		FUTSAL
		1	2	1	2	1	2	1	2	
Monday	6.00 - 7.30 pm	U12 NE B		U12 NE C		U16 GIRLS		U14 GIRLS		U12 GIRLS
	7.30 - 9.00 pm	SNR WOMEN				U14		U15		
	9.00 - 10.00 pm	SOCIAL FOOTBALL								
Tuesday	6.00 - 7.30 pm	U11 K1		U11 K2		U11 J1/ J2		GOALKEEPING		U11 J3
	7.30 - 9.00 pm	MEN 1ST				MENS RES		U16		
	9.00 - 10.00 pm	MEN 3RDS AND SOCIAL 3RDS (IF REQUIRED/WANTED)								
Wednesday	6.00 - 7.30 pm	U12 GIRLS		U13 NE B / N B		U16 GIRLS		U14 GIRLS		U14
	7.30 - 9.00 pm	SNR WOMEN				SNR WOMEN		U16		U15
Thursday	6.00 - 7.30 pm	U11 KANGAROOS				U11 JOEYS				U12 NE C
	7.30 - 9.00 pm	MEN 1ST				MENS RES & 3RDS				MENS SOCIAL 3RDS
Friday	5.45 - 7.15 pm	U13 NE B		U12 NE B		U9 KANGAROOS	U9 J RED	U9 J BLACK	U9 J BLUE	U13 N B
	7.30 - 10.30 pm	RESERVED FOR GAMES								SOCIAL FUTSAL

ELTHAM MAIN PITCH TRAINING ZONES



THE FUTURE IS FOOTBALL
REDBACKS FOOTBALL
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