

2018 JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOCCER CONDITIONING SCHEDULE	1 Weekdays: 3:45 pm Saturdays: 12:00 pm MUST ATTEND 15 OUT OF THE 20 DAYS.	2 We will condition and practice outdoors at the park regardless of temperature. However, if it is raining/snowing or the park field is too wet, we will move indoors to the Family Life Center of First Baptist Church—108 Lafayette Ave.	3	4	5	6
	7	8 Aerobic :10/:50 Intervals x 20 Sprint at 75% for 10 secs Jog recovery for 50 secs Total: 20 mins LEG CIRCUIT	9 Speed and Agility Cone Jumps X 100 W Drill x 6 L Drill x 7 10yd x 8 20yd x 8 25yd x 4	10	11 Aerobic 2 laps around the track Total:30 mins TOTAL BODY CIRCUIT	12
14	15 MLK Day— no school	16 Speed and Agility Cone Jumps X 150 W Drill x 6 L Drill x 6 10yd x 6 rest 25 sec 20yd x 6 rest 30 sec 30yd x 4 rest 35 sec LEG CIRCUIT	17 Aerobic :10/:50 Intervals x 20 Sprint at 75% for 10 secs Jog recovery for 50 secs Total: 20 mins 8 CONE SUICIDE	18 Speed and Agility Arrow Drill x 5 Star Drill x 6 10yd x 12 rest 25sec 15yd x 6 rest 30sec 20yd x 8 rest 35sec TOTAL BODY CIRCUIT	19	20
21	22 Aerobic 2 laps around the track Total:30 mins TOTAL BODY CIRCUIT	23 Speed and Agility Cone Jumps X 150 W Drill x 6 L Drill x 6 10yd x 12 rest 25sec 20yd x 6 rest 30sec 25yd x 8 rest 35sec LEG CIRCUIT	24	25 Aerobic :10/:50 Intervals x 20 Sprint at 75% for 10 secs Jog recovery for 50 secs Total: 20 mins 8 CONE SUICIDE	26	27
28	29 Aerobic 200 X 5 (3 sets) 1 Min. rest 5 Min. walk rest b/w sets TOTAL BODY CIRCUIT	30 Speed and Agility Arrow Drill x 5 Star Drill x 6 10yd x 12 rest 25sec 15yd x 6 rest 30sec 20yd x 8 rest 35sec LEG CIRCUIT	31 To receive text reminders and practice/game/meeting updates: Text: 81010 Message: @rbvsoccer To begin improving your ball control skills, go to: http://www.auburnthundersoccer.com/player-development/ball-mastery/			

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOCCER CONDITIONING SCHEDULE	Weekdays: 3:45 pm Saturdays: 12:00 pm			1 Aerobic 3 laps around the track Total:40 mins TOTAL BODY CIRCUIT	2	3
	MUST ATTEND 15 OUT OF THE 20 DAYS.					
4	5 Aerobic 3 laps around the track Total:40 mins TOTAL BODY CIRCUIT	6 Speed and Agility Cone Jumps X 150 W Drill x 6 L Drill x 6 10yd x 12 rest 25sec 20yd x 6 rest 30sec 25yd x 8 rest 35sec LEG CIRCUIT	7	8 Aerobic 200 X 5 (3 sets) 1 Min. rest 5 Min. walk rest b/w sets TOTAL BODY CIRCUIT	9	10
11	12 Practice: 3:45-5:15	13 Practice: 3:45-5:15	14	15 Practice: 3:45-5:15	16	17 Practice: 12:00-2:00
18	19 Practice: 3:45-5:15	20 Practice: 3:45-5:15	21	22 Practice: 3:45-5:15	23	24 Practice: 12:00-2:00
25	26 Practice: 3:45-5:15	27 Practice: 3:45-5:15	28 In addition to academic eligibility and attending 15 conditioning days, participation in soccer requires the following by February 5th: 1. Signed Concussion Form 2. Signed and completed Physical Examination Form 3. \$75 which can be raised by obtaining \$150 in sponsorships. 4. Signed Uniform Agreement- kit will be turned in at the end of the season.			

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice: 3:45-5:15	2 PRESEASON TOURNAMENT: Arlington High School	3 PRESEASON TOURNAMENT: Arlington High School
4 PRESEASON TOURNAMENT: Arlington High School	5 Practice: 3:45-5:30	6 Practice: 3:45-5:30	7	8 Practice: 3:45-5:30	9	10 Practice: 12:00-2:00
11	12 Practice: 3:45-5:30	13 Game: Home vs. Brighton 5:30	14	15 Game: Away @ Obion County 5:30	16	17 Practice: 12:00-2:00
18	19 Game: Away @ Dyer County 5:30	20 Practice: 3:45-5:30	21	22 Game: Home vs. North Side 5:30	23	24
25	26 SPRING BREAK	27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK	31 Practice: 12:00-2:00

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice: 3:45-5:30	3 Game: Away @ Munford 5:00	4	5 *Game: Home vs. Haywood 5:30	6	7 Practice: 12:00-2:00
8	9 Game: Away @ Bolton 5:30	10 *Game: Away @ Millington 5:30	11	12 Practice: 3:45-5:30	13	14 Practice: 12:00-2:00
15	16 *Game: Home vs. Covington 5:30	17 Practice: 3:45-5:30	18	19 Game: Home vs. Crockett County 5:30	20	21 Practice: 12:00-2:00
22	23 *Game: Away @ Fayette Ware 5:30	24 Game: Away @ Union City 5:30	25	26 Game: Home vs. South Fulton 6:00	27	28
29	30 Game: Home vs. TRA 5:30					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice: 3:45-5:30	2	3 Practice: 3:45-5:30	4	5 Practice: 12:00-2:00
6	7 District Tournament	8 District Semifinals	9	10 District Championship	11	12
13	14	15 Regional Semifinals	16	17 Regional Championship	18	19 Sectionals/ Substate
20	21	22 State Quarterfinals	23	24 State Semifinals	25 State Championship	26
27	28	29	30	31		

