



Capital Soccer Club Spring Indoor Training Schedule

All training sessions will be held at the Central Vermont Memorial Civic Center beginning the week of March 5th

Team Training

- 08/09 Youth Academy – Thursday's 4:30-5:30
- 06/07 Girls – Wednesday's 5:30-6:30
- 05 Girls – Wednesday's 6:30-7:30
- 03/04 Girls – Thursday's 7:30-8:30
- 07 Boys – Monday's 5:30-6:30
- 06 Boys – Sunday's 5:00-6:00
- 05 Boys – Thursday's 5:30-6:30
- 04 Boys – Thursday's 6:30-7:30
- 04/05 Boys – Monday's 6:30-7:30
- 03 Boys – Monday's 7:30-8:30
- 02 Boys – Tuesday's 6:30-7:30
- 99/00 Boys – Thursday's 7:30-8:30

Goalkeeper Training

All Goalkeepers U12 and below – Monday's 4:30-5:30 PM

All goalkeepers U13 and above - Tuesday's 5:30-6:30 PM

Technical Training

08/09 Youth Academy – Tuesday's 4:30-5:30

06/07 Girls – Tuesday's 4:30-5:30

05 Girls – Friday's 5:30-6:30

03/04 Girls – Friday's 5:30-6:30

07 Boys – Wednesday's 4:30-5:30

06 Boys – Wednesday's 4:30-5:30

05 Boys – Friday's 6:30-7:30

04 Boys – Friday's 6:30-7:30

04/05 Boys – Friday's 6:30-7:30

03 Boys – Friday's 7:30-8:30

02 Boys – Friday's 7:30-8:30

99/00 Boys – Friday's 7:30-8:30