



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 2nd

Team Training

U10 Youth Academy – Wednesday's 5:30 – 6:30
08/09 Girls – Thursday's 4:30 – 5:30
06/07 Girls – Thursday's 5:30 – 6:30
04/05 Girls – Monday's 6:30 – 7:30
U19 Girls – Monday's 8:30 – 9:30
08/09 Boys – Wednesday's 6:30 – 7:30
06/07 Boys – Monday's 5:30 – 6:30
04/05 Boys – Thursday's 6:30 – 7:30
U19 Boys – Monday's 7:30 – 8:30

Goalkeeper Training

All Goalkeepers U12 and younger – Monday's 4:30-5:30 PM
All goalkeepers U13 and older - Tuesday's 5:30-6:30 PM

Technical Training

U10 Youth Academy – Tuesday's 4:30 – 5:30

08/09 Girls – Tuesday's 4:30 – 5:30

06/07 Girls - Friday's 5:30 – 6:30

04/05 Girls – Tuesday's 6:30 – 7:30

U19 Girls – Tuesday's 6:30 – 7:30

08/09 Boys – Friday's 5:30 – 6:30

06/07 Boys – Friday's 6:30 – 7:30

04/05 Boys – Friday's 7:30 – 8:30

U19 Boys – Friday's 7:30 – 8:30