



## 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 6th

*\*Schedule is subject to change*

### **Team Training**

U10 Youth Academy – Thursday's 5:30-6:30

U12 Boys – Monday's 5:30-6:30

U14 Boys – Monday's 6:30-7:30

U16 Boys – Thursday's 6:30-7:30

U19 Boys – Thursday's 7:30-8:30

U14 Girls – Monday's 7:30-8:30

U16 Girls – Wednesday's 6:30-7:30

## **Goalkeeper Training**

All Goalkeepers U14 and younger – Monday's 4:30-5:30 PM

All goalkeepers U15 and older - Tuesday's 5:30-6:30 PM

## **Technical Training**

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

U12 Boys – Tuesday's 6:30-7:30

U14 Boys – Friday's 6:30-7:30

U16 Boys – Friday's 7:30-8:30

U19 Boys – Friday's 7:30-8:30

U14 Girls – Thursday's 4:30-5:30

U16 Girls – Friday's 5:30-6:30