



EVOLUTION

SOCCKER

AL WAJBA

GIRLS ONLY SOCCKER

TRAINING SCHEDULES

AGE GUIDE



AGE GROUP

AGE AS OF SEPT 1ST 2023

UNDER 6

5 - 6 YEARS OLD

UNDER 8

6 - 7 YEARS OLD

UNDER 10

8 - 9 YEARS OLD

UNDER 12

10 - 11 YEARS OLD

UNDER 14

12 - 13 YEARS OLD

UNDER 16

14 - 15 YEARS OLD

YOUR CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2023.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2023/2024 SEASON (MUCH LIKE SCHOOL GRADES).

PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACHES DISCRETION.

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TERM 1 - PART 1 (27TH AUGUST - 21ST OCTOBER)

| TEAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---------------|---------------|---------------|---------------|----------------|
| UNDER 6 LIONESSES | 4.45 - 5.45PM | | | | *8.00 - 9.00AM |
| UNDER 8 LIONESSES | 4.30 - 5.45PM | | 4.30 - 5.45PM | | |
| UNDER 10 LIONESSES | 5.45 - 7.00PM | | 5.45 - 7.00PM | | |
| UNDER 12 LIONESSES | 5.45 - 7.00PM | | 5.45 - 7.00PM | | |
| UNDER 14 LIONESSES | | 4.30 - 5.45PM | | 4.30 - 5.45PM | |
| UNDER 16 LIONESSES | | 5.45 - 7.00PM | | 5.45 - 7.00PM | |

***PLEASE NOTE; THIS SESSION WILL TAKE PLACE INDOORS IN THE DC PRIMARY DINING HALL**

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TERM 1 - PART 2 (29TH OCTOBER - 23RD DECEMBER)

| TEAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---------------|---------------|---------------|---------------|---------------|
| UNDER 6 LIONESSES | 4.00 - 5.00PM | | | | 8.00 - 9.00AM |
| UNDER 8 LIONESSES | 4.00 - 5.15PM | | 4.00 - 5.15PM | | |
| UNDER 10 LIONESSES | 5.15 - 6.30PM | | 5.15 - 6.30PM | | |
| UNDER 12 LIONESSES | 5.15 - 6.30PM | | 5.15 - 6.30PM | | |
| UNDER 14 LIONESSES | | 4.00 - 5.15PM | | 4.00 - 5.15PM | |
| UNDER 16 LIONESSES | | 5.15 - 6.30PM | | 5.15 - 6.30PM | |

PLEASE NOTE; ALL SESSIONS WILL TAKE PLACE OUTDOORS ON THE DC AW 3G PITCH