



**LITTLE BALLERS**

**AL WAJBA**

**TRAINING SCHEDULES**

# AGE GUIDE



## AGE GROUP

## AGE AS OF SEPT 1ST 2023

**UNDER 3**

**2 - 3 YEARS OLD**

**UNDER 4**

**3 - 4 YEARS OLD**

**UNDER 5**

**4 - 5 YEARS OLD**

**UNDER 6**

**5 - 6 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.**

# **UNDER 3 AL WAJBA** **LITTLE BALLERS**



## **TERM 2** **(7TH JANUARY - 13TH APRIL)**

<b>TEAM</b>	<b>SATURDAY</b>
<b>UNDER 3 TIGERS</b>	<b>*8.00 - 8.45AM</b>

**\*SESSIONS WILL TAKE PLACE INDOORS IN THE DC PRIMARY DINING HALL**

**\*\*SESSIONS WILL TAKE PLACE OUTDOORS ON THE DC 3G PITCH**

# **UNDER 4 AL WAJBA**

## **LITTLE BALLERS**



### **TERM 2**

### **(7TH JANUARY - 13TH APRIL)**

<b>TEAM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>UNDER 4 LIONS</b>	<b>*3.45 - 4.30PM</b>		<b>**8.00 - 8.45AM</b>	
<b>UNDER 4 CHEETAHS</b>	<b>*4.30 - 5.15PM</b>		<b>**9.00 - 9.45AM</b>	
<b>UNDER 4 TIGERS</b>		<b>*3.45 - 4.30PM</b>		<b>*8.45 - 9.30AM</b>
<b>UNDER 4 PANTHERS</b>		<b>*4.30 - 5.15PM</b>		<b>*9.30 - 10.15AM</b>

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**\*\*SESSIONS WILL TAKE PLACE OUTDOORS ON THE DC 3G PITCH**

# **UNDER 5 AL WAJBA** **LITTLE BALLERS**



## **TERM 2** **(7TH JANUARY - 13TH APRIL)**

<b>TEAM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>UNDER 5 LIONS</b>	<b>*4.00 - 5.00PM</b>		<b>**9.00 - 10.00AM</b>	
<b>UNDER 5 TIGERS</b>		<b>*5.00 - 6.00PM</b>		<b>*10.00 - 11.00AM</b>
<b>UNDER 5 CHEETAHS</b>		<b>*4.00 - 5.00PM</b>		<b>*9.00 - 10.00AM</b>

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# **UNDER 6 AL WAJBA**

## **LITTLE BALLERS**



## **TERM 2**

### **(7TH JANUARY - 13TH APRIL)**

<b>TEAM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>UNDER 6 LIONS</b>	<b>*5.15 - 6.15PM</b>		<b>**10.00 - 11.00AM</b>	
<b>UNDER 6 CHEETAHS</b>	<b>*5.15 - 6.15PM</b>		<b>**10.00 - 11.00AM</b>	
<b>UNDER 6 TIGERS</b>		<b>*5.15 - 6.15PM</b>		<b>*10.15 - 11.15AM</b>

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**\*\*SESSIONS WILL TAKE PLACE OUTDOORS ON THE DC 3G PITCH**