



EVOLUTION SOCCER ACADEMY

TRAINING SCHEDULES

AGE GUIDE



AGE GROUP

AGE AS OF SEPT 1ST 2022

UNDER 8

6 - 7 YEARS OLD

UNDER 10

8 - 9 YEARS OLD

UNDER 12

10 - 11 YEARS OLD

UNDER 14

12 - 13 YEARS OLD

YOUTH

14 - 18 YEARS OLD

YOUR CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2022.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2022/2023 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.

PRE ACADEMY PHASE



TERM 2

TEAM	SUN	TUE	THU
2016 ACADEMY	16:00 - 17:00 DC AL WAJBA	16:00 - 17:00 DC AL WAJBA	16:00 - 17:00 DC AL WAJBA
2015 ACADEMY	16:00 - 17:00 DC AL WAJBA	16:00 - 17:00 DC AL WAJBA	16:00 - 17:00 DC AL WAJBA

FOUNDATION PHASE



TERM 2

TEAM	SUN	TUE	THU
2014 ACADEMY (A)	16:30 - 18:00 DC AL WAJBA TECHNICAL	16:45 - 18:00 DC AL WAJBA TACTICAL	17:00 - 18:00 DC AL WAJBA GAMES PROGRAMME
2014 ACADEMY (B)	16:45 - 18:00 DC AL WAJBA TACTICAL	16:30 - 18:00 DC AL WAJBA TECHNICAL	17:00 - 18:00 DC AL WAJBA GAMES PROGRAMME
2013 ACADEMY (A)	16:30 - 18:00 DC AL WAJBA TECHNICAL	16:45 - 18:00 DC AL WAJBA TACTICAL	17:00 - 18:00 DC AL WAJBA GAMES PROGRAMME
2013 ACADEMY (B)	16:45 - 18:00 DC AL WAJBA TACTICAL	16:30 - 18:00 DC AL WAJBA TECHNICAL	17:00 - 18:00 DC AL WAJBA GAMES PROGRAMME

YOUTH PHASE



TERM 2

TEAM	MON	WED	SAT
2012 ACADEMY (A)	16:00 - 17:30 DC AL WAJBA TECHNICAL	16:15 - 17:30 DC AL WAJBA TACTICAL	08:30 - 09:30 DC AL WAJBA GAMES PROGRAMME
2012 ACADEMY (B)	16:15 - 17:30 DC AL WAJBA TACTICAL	16:00 - 17:30 DC AL WAJBA TECHNICAL	08:30 - 09:30 DC AL WAJBA GAMES PROGRAMME
2011 ACADEMY (A)	16:00 - 17:30 DC AL WAJBA TECHNICAL	16:15 - 17:30 DC AL WAJBA TACTICAL	08:30 - 09:30 DC AL WAJBA GAMES PROGRAMME
2011 ACADEMY (B)	16:15 - 17:30 DC AL WAJBA TACTICAL	16:00 - 17:30 DC AL WAJBA TECHNICAL	08:30 - 09:30 DC AL WAJBA GAMES PROGRAMME
2010/2009 ACADEMY (A) & (B)	17:00 - 18:30 DC AL WAJBA TECHNICAL	17:15 - 18:30 DC AL WAJBA TACTICAL	09:30 - 10:30 DC AL WAJBA GAMES PROGRAMME
2010/2009 ACADEMY (C)	17:15 - 18:30 DC AL WAJBA TACTICAL	17:00 - 18:30 DC AL WAJBA TECHNICAL	09:30 - 10:30 DC AL WAJBA GAMES PROGRAMME
2008/2007 ACADEMY (A) & (B)	18:00 - 19:30 DC AL WAJBA TACTICAL	18:15 - 19:30 DC AL WAJBA TECHNICAL	10:30 - 11:30 DC AL WAJBA GAMES PROGRAMME

YOUTH PHASE



TERM 2

TEAM	MON	WED	SAT
GIRLS ACADEMY (A) & (B)	18:15 - 19:30 DC AL WAJBA TACTICAL	18:00 - 19:30 DC AL WAJBA TECHNICAL	10:30 - 11:30 DC AL WAJBA GAMES PROGRAMME

PROFESSIONAL PHASE



TERM 2

TEAM	SUN	TUE	THU
YOUTH ACADEMY (A) & (B)	17:45 - 19:30 DC AL WAJBA TACTICAL	18:30 - 19:30 DC AL WAJBA GAMES PROGRAMME	18:00 - 19:30 DC AL WAJBA TECHNICAL

GOALKEEPING



TERM 2

TEAM	SUN	TUE
2014 -2011 GKS	16:00 - 17:00 DC AL WAJBA	
2010-YOUTH GKS		16:00 - 17:00 DC AL WAJBA