



**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.**

# AL WAJBA GIRLS ONLY SOCCER



## 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 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	4.00 - 5.15PM		4.00 - 5.15PM		
UNDER 16 PUMAS		5.15 - 6.30PM		5.15 - 6.30PM	

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