



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 3 **(21ST APRIL - 29TH JUNE)**

TEAM	SATURDAY
UNDER 3 TIGERS	*8.00 - 8.45AM

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

UNDER 4 AL WAJBA

LITTLE BALLERS



TERM 3

(21ST APRIL - 29TH JUNE)

TEAM	MONDAY	TUESDAY	FRIDAY	SATURDAY
UNDER 4 LIONS	3.45 - 4.30PM		8.00 - 8.45AM	
UNDER 4 CHEETAHS	4.30 - 5.15PM		9.00 - 9.45AM	
UNDER 4 TIGERS		4.00 - 4.45PM		9.00 - 9.45AM

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

UNDER 5 AL WAJBA

LITTLE BALLERS



TERM 3

(21ST APRIL - 29TH JUNE)

TEAM	MONDAY	TUESDAY	FRIDAY	SATURDAY
UNDER 5 LIONS	4.00 - 5.00PM		9.00 - 10.00AM	
UNDER 5 TIGERS		5.00 - 6.00PM		10.00 - 11.00AM
UNDER 5 CHEETAHS		4.00 - 5.00PM		9.00 - 10.00AM

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

UNDER 6 AL WAJBA

LITTLE BALLERS



TERM 3

(21ST APRIL - 29TH JUNE)

TEAM	MONDAY	TUESDAY	FRIDAY	SATURDAY
UNDER 6 LIONS	5.00 - 6.00PM		10.00 - 11.00AM	
UNDER 6 CHEETAHS	5.00 - 6.00PM		10.00 - 11.00AM	
UNDER 6 TIGERS		5.00 - 6.00PM		10.00 - 11.00AM

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