

EV



EVOLUTION SOCCER SEK

TRAINING SCHEDULES

AGE GUIDE



AGE GROUP

AGE AS OF SEPT 1ST 2023

UNDER 5

4 - 5 YEARS OLD

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.

SEK SOCCER SCHOOL



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

TEAM	SUNDAY	MONDAY	WEDNESDAY	FRIDAY
UNDER 5 REDS	*4.00 - 5.00PM		*4.00 - 5.00PM	
UNDER 6 REDS	*4.00 - 5.00PM		*4.00 - 5.00PM	
UNDER 8 REDS		*4.30 - 5.45PM		*8.00 - 9.15AM
UNDER 8 BLUES		*4.30 - 5.45PM		*8.00 - 9.15AM
UNDER 10 REDS		*5.45 - 7.00PM		*9.15 - 10.30AM
UNDER 10 BLUES		*5.45 - 7.00PM		*9.15 - 10.30AM

***PLEASE NOTE; THE SESSION WILL TAKE PLACE INDOORS IN THE SEK SPORTS HALL**

SEK SOCCER SCHOOL



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

TEAM	SUNDAY	TUESDAY	WEDNESDAY	SATURDAY
UNDER 12 REDS		4.30 - 5.45PM		*8.00 - 9.15AM
UNDER 12 BLUES		5.45 - 7.00PM		*9.15 - 10.30AM
UNDER 15 REDS	5.15 - 6.30PM		5.15 - 6.30PM	

***PLEASE NOTE; THE SESSION WILL TAKE PLACE INDOORS IN THE SEK SPORTS HALL**

SEK SOCCER SCHOOL



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

TEAM	SUNDAY	MONDAY	WEDNESDAY	FRIDAY
UNDER 5 REDS	4.00 - 5.00PM		4.00 - 5.00PM	
UNDER 6 REDS	4.00 - 5.00PM		4.00 - 5.00PM	
UNDER 8 REDS		4.00 - 5.15PM		8.00 - 9.15AM
UNDER 8 BLUES		4.00 - 5.15PM		8.00 - 9.15AM
UNDER 10 REDS		5.15 - 6.30PM		9.15 - 10.30AM
UNDER 10 BLUES		5.15 - 6.30PM		9.15 - 10.30AM

SEK SOCCER SCHOOL



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

TEAM	SUNDAY	TUESDAY	WEDNESDAY	SATURDAY
UNDER 12 REDS		4.00 - 5.15PM		8.00 - 9.15AM
UNDER 12 BLUES		5.15 - 6.30PM		9.15 - 10.30AM
UNDER 15 REDS	5.15 - 6.30PM		5.15 - 6.30PM	