

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 3 (21ST APRIL - 29TH JUNE)

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
UNDER 5 REDS	*4.00 - 5.00PM			*4.00 - 5.00PM		
UNDER 6 REDS	*5.00 - 6.00PM			*5.00 - 6.00PM		
UNDER 8 REDS & BLUES		4.30 - 5.45PM			*8.00 - 9.15AM	
UNDER 10 REDS & BLUES		5.45 - 7.00PM			*9.15 - 10.30AM	
UNDER 12 REDS			4.30 - 5.45PM			*8.00 - 9.15AM
UNDER 12 BLUES			5.45 - 7.00PM			*9.15 - 10.30AM

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