

## WSA PERIODIZATION MASTER CALENDAR 11U-12U

11 & 12	Date	Team Date	Club Dates
11 & 12	5/11/21	Team Budget & Travel Due	May 12th Golf Tour
11 & 12	5/31/21	Team Formation Begins	
11 & 12	6/3/21	Signing Day	Welcome Party
	6/4 - 6/7	Academy Style Training x 1 Session	
11 & 12	6/3 - 6/11	CAMP WEEK	
11 & 12	6/12 - 6/15	CAMP WEEK	June 17th 3v3
	6/20/21	RECOGNITION NIGHT	Recognition Night
11 & 12	6/19 - 6/23	Holiday	
11 & 12	6/24 - 7/9	Holiday	
11 & 12	7/10 - 7/28	Team Sessions x2; Cross-Training x1	
	7/23/21	Beginning of Fall Season Training	<b>FALL PRE SEASON BEGINS</b>
11 & 12	7/30/21	Roundrobin	Roundrobin
	7/31 - 8/4	Academy Style Training x1	
11 & 12	8/1 - 8/10	Team Sessions X4	Aug 5th Roughneck Night
11 & 12	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup
11 & 12	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico
11 & 12	8/26-8/27	LEAGUE PLAY	<b>LEAGUE SEASON BEGINS</b>
11 & 12	8/28 - 8/31	Team Sessions X2	
11 & 12	9/2 - 9/3	Preferred In-House Club Event	Midwest Labor Day
11 & 12			
11 & 12	Date	Team Date	Club Dates
11 & 12	9/5 - 9/8	Team Session x1	
11 & 12	9/9 - 9/10	LEAGUE PLAY	
11 & 12	9/11 - 9/14	Team Session x2	
11 & 12	9/16 - 9/17	LEAGUE PLAY	
11 & 12	9/18 - 9/21	Team Session x2	
11 & 12	9/23 - 9/24	LEAGUE PLAY	
11 & 12	9/25 - 9/28	Team Session x2	
11 & 12	9/30 - 10/1	LEAGUE PLAY	
11 & 12	10/2 - 10/5	Team Session x2	
11 & 12	10/7 - 10/8	LEAGUE PLAY	
11 & 12	10/9 - 10/12	Team Session x2	

11 & 12	10/14 - 10/15	<b>LEAGUE PLAY</b>	
11 & 12	10/16 - 10/18	Team Session x1	<b>Fall Break</b>
11 & 12	10/21 - 10/22	<b>OPEN WEEKEND FALL BREAK ODP/ID2 OPC COMBINE</b>	National Qualifier For 05/06 Boys & 05/04 Girls
11 & 12	10/23 - 10/26	Team Session x1/ Team Building	
11 & 12	10/28 - 10/29	<b>OPEN WEEKEND</b>	
11 & 12	10/30 - 11/2	Team Session x2	
11 & 12	11/4 - 11/5	<b>LEAGUE PLAY</b>	<b>END OF FALL LEAGUE</b>
11 & 12	11/6 - 11/9	Team Session x1 / Player Evals	
11 & 12	11/11 - 11/12	<b>OPEN WEEKEND</b>	<b>Norman Classic Cup</b>
11 & 12	11/13 - 11/16	Player/Parent Conferences	
11 & 12			
11 & 12	11/17 - 11/26	<b>Thanksgiving Holiday</b>	
11 & 12	11/27 - 11/30	Cross-Training x1	
11 & 12			
11 & 12	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>
11 & 12	12/2 - 12/3	<b>LEAGUE PLAY * Rain Date *</b>	<b>RAIN DATE</b>
11 & 12	12/4/21	<b>OFF WEEKEND</b>	Girls Final IV Watch Party
11 & 12	12/4 - 12/7	Cross-Training Indoors x1	
11 & 12	12/9 - 12/10	<b>OFF WEEKEND</b>	Boys Final IV Watch Party
11 & 12	12/11 - 12/15	Futsal Practices x1 Session	
11 & 12	12/16 - 12/17	<b>FUTSAL SESSION #1</b>	ORU
11 & 12			
11 & 12	<b>12/18 - 1/5</b>	<b>CHRISTMAS HOLIDAY</b>	
11 & 12	1/6 - 1/7	<b>FUTSAL SESSION #2</b>	ORU
11 & 12	1/8 - 1/11	NO TRAINING	
11 & 12	1/13 - 1/14	<b>FUTSAL SESSION #3</b>	ORU
11 & 12	1/15 - 1/18	NO TRAINING	
11 & 12	1/20 - 1/21	<b>FUTSAL SESSION #4</b>	ORU
11 & 12	1/22 - 1/25	NO TRAINING	
11 & 12	1/27-1/28	<b>FUTSAL SESSION #5</b>	ORU
11 & 12	1/29 - 2/1	Cross Training Session x1	
11 & 12	2/3 - 2/4	<b>FUTSAL SESSION #6 Play-Offs</b>	
11 & 12	2/5 - 2/8	Training Session x1	<b>SPRING PRE SEASON BEGIN</b>
11 & 12	2/10 - 2/11	<b>FUTSAL SESSION FINALS</b>	
11 & 12	2/12 - 2/15	Training Session x1	
	2/17 - 2/18	<b>ID2/PDP EVENT - OPC COMBINE</b>	Olympic Development Prog

		<b>Boys 05/06 &amp; Girls 04/05 Cycle</b>	National Qualifier
11 & 12	2/17 - 2/18	<b>FUTSAL SESSION MAKE UP DATE</b>	
11 & 12	2/19 - 2/23	Training Session x2	
11 & 12	2/24 - 2/25	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON BEGINS</b>
11 & 12	2/26 - 3/1	Training Session x2	
11 & 12	3/3 - 3/4	<b>Open Weekend</b>	Norman Performance Cup
11 & 12	3/5 - 3/8	Training Session x2	
11 & 12			
11 & 12	<b>Date</b>	<b>Team Date</b>	<b>Club Dates</b>
11 & 12	3/10 - 3/11	<b>SPRING BREAK</b>	
11 & 12	3/12 - 3/16	<b>SPRING BREAK</b>	
11 & 12	3/17 - 3/18	<b>LEAGUE PLAY</b>	
11 & 12	3/19 - 3/22	Training Session x2	
11 & 12	3/24 - 3/25	<b>LEAGUE PLAY</b>	
11 & 12	3/26 - 3/29	Training Session x2	
11 & 12	4/1/22	<b>LEAGUE PLAY SATURDAY ONLY</b>	
11 & 12	4/2/22	<b>NO LEAGUE PLAY * EASTER *</b>	
11 & 12	4/2 - 4/5	Training Session x2	
11 & 12	<b>4/6 - 4/8</b>	<b>WSA CUP</b>	<b>WSA CUP</b>
11 & 12	4/9 - 4/12	Training Session X1	
11 & 12	4/14 - 4/15	<b>Open Weekend</b>	<b>Lexus Cup</b>
11 & 12	4/16 - 4/19	Training Session X2	
11 & 12	4/21 - 4/22	<b>LEAGUE PLAY</b>	
11 & 12	4/23 - 4/27	Training Session X2	
11 & 12	4/28 - 4/29	<b>LEAGUE PLAY</b>	
11 & 12	4/30 - 5/3	Training Session x2	
11 & 12	5/5 - 5/6	<b>LEAGUE PLAY</b>	
11 & 12	5/7 - 5/10	Training Session x2	
11 & 12	5/13/21	<b>LEAGUE PLAY</b>	
11 & 12	5/14/22	<b>* Rain Date Mother's Day</b>	
11 & 12	5/14 - 5/18	Training Session x2	
11 & 12	5/19 - 5/20	<b>LEAGUE PLAY</b>	<b>LEAGUE SEASON ENDS</b>
11 & 12	5/21 - 5/24	Training Session x2 State Cup Prep	
11 & 12	5/26 - 5/27	<b>Rain Date if Needed</b>	<b>RAIN DATE</b>
11 & 12	5/29/22	<b>Memorial Day</b>	

11 & 12	5/29 - 6/1	Final Sessions for State Cup	
11 & 12	6/1 - 6/3	<b>STATE CUP TOURNAMENT</b>	
11 & 12	6/4 - 6/8	Team Formation/Player Placement	
11 & 12	6/9/22	Signing Day	
11 & 12	6/13/22	CLUB RECOGNITION NIGHT	JUNE 12th Recognition Night
11 & 12	6/22- 6/26	<b>USCS Nationals (State Champs)</b>	
11 & 12	7/13 - 7/17	<b>NPL National Finals (NPL Champs)</b>	
11 & 12	7/20 - 7/24	<b>USCS Nationals (State Champs)</b>	
11 & 12	7/28 - 7/29	<b>Summer Showcase</b>	

KEY	
SUMMER	
FALL	
WINTER	
SPRING	

## PERIODIZATION EQUATION

### GAMES

Friendlies	7
Tournament	9
League	16
Post Season	4
<b>TOTAL GAMES</b>	<b>36</b>

### TRAINING

Team Session	57
Classroom	3
Cross-Training	8
Functional/AST	4
<b>TOTAL SESSIONS</b>	<b>72</b>

**RATIO: Training: Games** 86 | 39 **2.00**

### REST-RECOVERY

Hi-Intensity Sessions

Low-Intensity Sessions  
Med-Intensity Sessions



