

WSA PERIODIZATION MASTER CALENDAR U9-U10

9 & 10	Date	Team Date	Club Dates	summer
9 & 10	5/11/21	Team Budget & Travel Due	May 12th Golf Tournament	summer
9 & 10	5/31/21	Team Formation Begins		summer
9 & 10	6/3/21	Registration Opens	Register through Summer	summer
9 & 10	6/3 - 7/9	HOLIDAY & OPTIONAL CAMPS		summer
9 & 10	7/10 - 7/28	Cross Training Sessions 1/week	PRESEASON BEGINS	summer
9 & 10	7/16/21	Clash of Giants 3v3 Tournament	3v3 Tournament @ RC Parks	summer
9 & 10	7/30/21	Roundrobin	Roundrobin	summer
9 & 10	8/1 - 8/10	Team Sessions X4	Aug 5th Roughneck Night	summer
9 & 10	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup	summer
9 & 10	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico	summer
9 & 10	8/26-8/27	LEAGUE PLAY	LEAGUE SEASON BEGINS	summer
9 & 10	8/28 - 8/31	Team Sessions X2		summer
9 & 10	9/2 - 9/3	Preferred In-House Club Event	Midwest Labor Day	summer
9 & 10				summer
9 & 10	Date	Team Date	Club Dates	fall
9 & 10	9/5 - 9/8	Team Session x1		fall
9 & 10	9/9 - 9/10	LEAGUE PLAY		fall
9 & 10	9/11 - 9/14	Team Session x2		fall
9 & 10	9/16 - 9/17	LEAGUE PLAY		fall
9 & 10	9/18 - 9/21	Team Session x2		fall
9 & 10	9/23 - 9/24	LEAGUE PLAY		fall
9 & 10	9/25 - 9/28	Team Session x2		fall
9 & 10	9/30 - 10/1	LEAGUE PLAY		fall
9 & 10	10/2 - 10/5	Team Session x2		fall
9 & 10	10/7 - 10/8	LEAGUE PLAY		fall
9 & 10	10/9 - 10/12	Team Session x2		fall
9 & 10	10/14 - 10/15	LEAGUE PLAY		fall
9 & 10	10/16 - 10/18	Team Session x1	Fall Break	fall
9 & 10	10/21 - 10/22	OPEN WEEKEND FALL BREAK		fall
9 & 10	10/23 - 10/26	Team Session x1/ Team Building		fall
9 & 10	10/28 - 10/29	OPEN WEEKEND		fall

9 & 10	10/30 - 11/2	Team Session x2		fall
9 & 10	11/4 - 11/5	LEAGUE PLAY	END OF FALL LEAGUE	fall
9 & 10	11/6 - 11/9	Team Session x1 / Player Evals		fall
9 & 10	11/11 - 11/12	Turkey Shootout/Norman Cup	Optional	fall
9 & 10	11/13 - 11/16	Team Session x1/ Player Evals		fall
9 & 10	11/18 - 11/19	CDA Tournament, Dallas	Required Team Event	fall
9 & 10	11/17 - 11/26	Thanksgiving Holiday		fall
9 & 10	11/27 - 11/30	Player/Parent Conferences		fall
9 & 10	Date	Team Date	Club Dates	winter
9 & 10	12/2 - 12/3	LEAGUE PLAY * Rain Date *	RAIN DATE	winter
9 & 10	12/4 - 12/7	Cross-Training Indoors x1		winter
9 & 10	12/9 - 12/10	OFF WEEKEND		winter
9 & 10	12/11 - 12/15	Futsal Practices x1 Session		winter
9 & 10	12/16 - 12/17	FUTSAL SESSION #1	ORU	winter
9 & 10	12/18 - 1/5	CHRISTMAS HOLIDAY		winter
9 & 10	1/6 - 1/7	FUTSAL SESSION #2	ORU	winter
9 & 10	1/8 - 1/11	NO TRAINING		winter
9 & 10	1/13 - 1/14	FUTSAL SESSION #3	ORU	winter
9 & 10	1/15 - 1/18	NO TRAINING		winter
9 & 10	1/20 - 1/21	FUTSAL SESSION #4	ORU	winter
9 & 10	1/22 - 1/25	NO TRAINING		winter
9 & 10	1/27-1/28	FUTSAL SESSION #5	ORU	winter
9 & 10	1/29 - 2/1	NO TRAINING		winter
9 & 10	2/3 - 2/4	FUTSAL SESSION #6 Play-Offs	ORU	winter
9 & 10	2/5 - 2/8	NO TRAINING		winter
9 & 10	2/10 - 2/11	FUTSAL SESSION FINALS	ORU	winter
9 & 10	2/12 - 2/15	Cross Training x1		winter
9 & 10	2/17 - 2/18	FUTSAL SESSION MAKE UP DATE	ORU	winter
	2/20/21	Regular Training Begins	PRE SEASON BEGINS	
9 & 10	2/19 - 2/23	Cross Training x1	U10 to U11 Orientation Phase I	winter
9 & 10	2/24 - 2/25	Open Weekend/Possible ACS		winter
9 & 10	2/26 - 3/1	Cross Training x1		winter
9 & 10	3/3 - 3/4	Open Weekend/Possible ACS	Norman Performance Cup	winter
9 & 10	3/5 - 3/8	Training Session x2		winter
9 & 10				winter

9 & 10	Date	Team Date	Club Dates	
9 & 10	3/10 - 3/11	SPRING BREAK		spring
9 & 10	3/12 - 3/16	SPRING BREAK		spring
9 & 10	3/17 - 3/18	LEAGUE PLAY	LEAGUE SEASON BEGINS	spring
9 & 10	3/19 - 3/22	Training Session x2		spring
9 & 10	3/24 - 3/25	LEAGUE PLAY		spring
9 & 10	3/26 - 3/29	Training Session x2		spring
9 & 10	4/1/22	LEAGUE PLAY SATURDAY ONLY		spring
9 & 10	4/2/22	NO LEAGUE PLAY * EASTER *		spring
9 & 10	4/2 - 4/5	Training Session x2		spring
9 & 10	4/6 - 4/8	WSA CUP	WSA CUP	spring
9 & 10	4/9 - 4/12	Training Session X1		spring
9 & 10	4/14 - 4/15	Open Weekend	Lexus Cup	spring
9 & 10	4/16 - 4/19	Training Session X2		spring
9 & 10	4/21 - 4/22	LEAGUE PLAY		spring
9 & 10	4/23 - 4/27	Training Session X2		spring
9 & 10	4/28 - 4/29	LEAGUE PLAY		spring
9 & 10	4/30 - 5/3	Training Session x2		spring
9 & 10	5/5 - 5/6	LEAGUE PLAY	LEAGUE SEASON ENDS	spring
9 & 10	5/7 - 5/10	Training Session x2	U10-U11 Orientation Phase II	spring
9 & 10	5/13/21	ACS PLAY-OFFS		spring
9 & 10	5/14/22	* Rain Date Mother's Day		spring
9 & 10	5/14 - 5/18	Training Session x2		spring
9 & 10	5/19 - 5/20	RAIN DATE IF NEEDED	RAIN DATE	spring
9 & 10	5/21 - 5/24	Training Session x2 State Cup Prep		spring
9 & 10	5/26 - 5/27	OFF WEEKEND		spring
9 & 10	5/29/22	Memorial Day		spring
9 & 10	5/29 - 6/3	OFF WEEK/ OPEN SESSIONS		spring
9 & 10				spring
9 & 10	6/4 - 6/8	Team Formation/Player Placement		summer
9 & 10	6/9/22	Registration Opens	Registration thru Summer	summer
9 & 10	6/13/22	CLUB RECOGNITION NIGHT	JUNE 12th Recognition Night	
9 & 10	6/12 - 7/15	Camp Season		summer

PERIODIZATION EQUATION

GAMES

Friendlies	0
Tournament	0
League	0
Post Season	0

TOTAL GAMES 0

TRAINING

Team Session	0
Classroom	0
Cross-Training	0
Functional/AST	0

TOTAL SESSIONS 0

RATIO: Training: Games

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REST-RECOVERY

Hi-Intensity Sessions
Low-Intensity Sessions
Med-Intensity Sessions

