



# Junior Training Timetable 2025/26

DAY	AGE GROUP	TIME
MON	Mixed U8	18:00 - 19:00
	Girls U10	18:00 - 19:30
	U14 Additional Sessions	18:00 - 19:30
	U12 Additional Sessions	19:00 - 20:30
	Boys Performance Session	20:00 - 21:30
TUES	Boys U16	18:00 - 19:30
	Girls U16	18:00 - 19:30
	All Junior Goalkeepers	18:00 - 19:30
WEDS	Boys U14	18:00 - 19:30
	Girls U16	18:00 - 19:30
	Boys & Girls U18	18:00 - 19:30
THURS	Girls U14	18:00 - 19:30
	Girls Performance Session	19:30 - 21:00

FRI	Mixed U8	17:30 - 18:30
	Boys U10	18:00 - 19:30
	Boys U12 YELLOW	18:30 - 20:00
	Girls U12 YELLOW	18:30 - 20:00
	Boys U12 RED	18:30 - 20:00
	Girls U12 RED	18:30 - 20:00
	Girls U12 League	18:30 - 20:00
SUN	Mixed U8	08:30 - 09:30
	Girls U10	09:00 - 11:00
	Boys U10	10:30 - 12:30
	Girls U12 YELLOW	10:30 - 12:30
	Boys U12 YELLOW	12:00 - 14:00
	Girls U12 RED	12:00 - 14:00

Please note the **Sunday Schedule for fixtures** and other games is subject to change each week and will be published on [this page](#) by the Thursday evening beforehand.

This link can also be accessed through the Junior Newsletter each week.