



# 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.