

Monday Schedule

Semester 1: 29nd September 2025 – Monday 8th December 2025 | **Semester 2:** Monday 19th January 2026 – Monday 23rd March 2026

Women's Football Club

Time	Activity
17.00	Staff Meeting
17.30	Coaches Set Up
18.00 – 19.30	Pitch Session
18.30 – 19.15	GK Session

Warm Ups

Off the pitch 15 minutes before session start time.
Led by Captains / Committee Members.

Men's Football Club

Time	Activity
18.00	1 st Team Physio Appointments
18.15	1 st Team Meeting / Analysis
18.45	1 st Team Strength & Conditioning
19.00	Staff Meeting
19.30 – 21.00	1s & 2s Pitch Session
19.45 – 20.30	GK Session
20.30 – 22.00	3 rd / 4 th Team Pitch Session

Session Structure

Time	Practice Type	Work to Rest
00:00	Arrival activity / Boxes	-
00:15	Technical	W: 2m R: 1m x 4
00:30	Mini Opposed	W: 2m R: 1m x 4
00:45	Tactical	-
01:10	Small Sided Game	W: 4m R: 1m x 4
01:30	Cool Down / Finish	-