


# LISTER STREET (Cnr Boorman Street)- SUNNYBANK

		Monday				Tuesday				Wednesday				Thursday				Friday					
		A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D		
3pm - 4pm																							
4pm - 5pm																							
5pm - 6pm					U7 F	10 C		10 D		9 C		9 B		8 (A)	8 C	8 D	8 F	5/6 E	5/6 F	7 D			
6:00pm - 7:30pm		DOC		13 A				17/18		11(A)		12(A)						o30 & o40 MATCHES					
7:30pm - 9:00pm				O30		O40 team 1, 2 Blue & 2 Gold				Senior Men 2		Senior Men 3		Senior Women 2		Senior Women 3							

 Director of Coaching specialist training courses

U5 - U8 train on quarter field = 4 x teams per hour time slot

U9 - 10 training on half field = 2 x teams per hour time slot

U11 - onwards train on half field = 2 teams per 90 min time slot