



Capital Soccer Club Spring Indoor Training Schedule

All training sessions will be held at the Central Vermont Memorial Civic Center beginning the week of March 4th

Team Training

- 09/10 Youth Academy – Wednesday's 5:30-6:30 PM
- 07/08 Girls – Wednesday's 6:30-7:30 PM
- 05/06 Girls – Thursday's 5:30-6:30PM
- 03/04 Girls – Thursday's 7:30-8:30 PM
- 07/08 Boys – Monday's 5:30-6:30 PM
- 06 Boys – Sunday's 3:00-4:00 PM
- 05 Boys – Monday's 6:30-7:30 PM
- 04 Boys – Monday's 7:30-8:30 PM
- 02 Boys – Wednesday's 7:30-8:30 PM
- 00 Boys – Thursday's 6:30-7:30 PM

Goalkeeper Training

All Goalkeepers U12 and below – Monday's 4:30-5:30 PM

All goalkeepers U13 and above - Tuesday's 5:30-6:30 PM

Technical Training

09/10 Youth Academy – Tuesday's 4:30-5:30 PM

07/08 Girls – Tuesday's 4:30-5:30 PM

05/06 Girls – Tuesday's 6:30-7:30 PM

03/04 Girls – Tuesday's 6:30-7:30 PM

07/08 Boys – Friday's 5:30-6:30 PM

06 Boys – Friday's 6:30-7:30 PM

05 Boys – Friday's 6:30-7:30 PM

04 Boys – Friday's 7:30-8:30 PM

02 Boys – Friday's 7:30-8:30 PM

00 Boys – Friday's 7:30-8:30 PM