

WSA PERIODIZATION MASTER CALENDAR 18U-19U

KEY

18-19	Date	Team Date	Club Dates	SUMMER
18-19	5/10/17	Team Budget & Travel Due	May 12th Golf Tournament	FALL
18-19	5/30/17	Team Formation Begins		WINTER
18-19	6/2/17	Signing Day	Welcome Party	SPRING
18-19	6/4 - 6/7	Academy Style Training		
18-19	6/12 - 6/15	Team Sessions x1	June 19th Recognition Night	
18-19	6/19 - 6/23	Team Sessions x1	June 22-28 Regionals	
18-19	6/24 - 7/9	Holiday	6/30 - 7/7 Boys Mexico Tour	
18-19	7/10/17	Regular Training Begins	PRESEASON BEGINS	
18-19	7/10 - 7/28	Team Sessions x4		
18-19	7/15/17	Clash of Giants 3v3 Tournament	3v3 Tournament @ RC Parks	
18-19	7/29/17	Roundrobin	Friendlies/Showcase	
18-19	7/31 - 8/4	Academy Style Training		
18-19	8/1 - 8/10	Team Sessions X4	Aug 5th Roughneck Night	
18-19	8/14 - 8/17	Team Intra-Squad or Friendly	Aug 12th Cosmos Cup	
18-19	8/19 - 8/20	LEAGUE PLAY	LEAGUE SEASON BEGINS	
18-19	8/21 - 8/24	Team Sessions X2	Aug 12th ORU vs Mexico	
18-19	8/26-8/27	LEAGUE PLAY		
18-19	8/28 - 8/31	Team Sessions X2		
18-19	9/2 - 9/3	Preferred In-House Club Event	Midwest Labor Day	
18-19				
18-19	Date	Team Date	Club Dates	
18-19	9/5 - 9/8	Team Session x1		
18-19	9/9 - 9/10	LEAGUE PLAY		
18-19	9/11 - 9/14	Team Session x2		
18-19	9/16 - 9/17	LEAGUE PLAY		
18-19	9/18 - 9/21	Team Session x2		
18-19	9/23 - 9/24	LEAGUE PLAY		
18-19	9/25 - 9/28	Team Session x2		
18-19	9/30 - 10/1	LEAGUE PLAY		
18-19	10/2 - 10/5	Team Session x2		
18-19	10/7 - 10/8	LEAGUE PLAY		
18-19	10/9 - 10/12	Team Session x2 ** Film Review	Game Analysis	
18-19	10/14 - 10/15	LEAGUE PLAY		
18-19	10/16 - 10/18	Team Session x1	Fall Break	

18-19	10/21 - 10/22	OPEN WEEKEND FALL BREAK	PDP/ID2 EVENT
18-19	10/23 - 10/26	Team Session x2	
18-19	10/28 - 10/29	OPEN WEEKEND	
18-19	10/30 - 11/2	Team Session x2	
18-19	11/4 - 11/5	LEAGUE PLAY	
18-19	11/6 - 11/9	Team Session x2	
18-19	11/11 - 11/12	OPEN WEEKEND	Norman Classic Cup
18-19	11/13 - 11/16	Team Session x2	
18-19	11/18 - 11/19	Sam Shannon Showcase	Sam Shannon Showcase
18-19	11/20 - 11/26	Thanksgiving Holiday	
18-19	11/27 - 11/30	Team Session x2	
18-19	Date	Team Date	Club Dates
18-19	12/2 - 12/3	LEAGUE PLAY * Rain Date *	U16/U19 Men's League Play
18-19	12/2 - 12/3	TBD Showcase Event Per Team	Women's Final IV Showcase
18-19	12/4 - 12/7	Optional Sessions x2	
18-19	12/9 - 12/10	LEAGUE PLAY * Rain Date *	U16/U19 Women League Play
		TBD Showcase Event Per Team	Men's Final IV Showcase
	12/11 - 12/18	Player Evaluations/Feedback	
18-19	12/11 - 12/15	Futsal Practices x1 Session	
18-19	12/16 - 12/17	FUTSAL SESSION #1	ORU
18-19	12/18 - 1/5	CHRISTMAS HOLIDAY	
18-19	1/6 - 1/7	FUTSAL SESSION #2	ORU
18-19	1/8 - 1/11	NO TRAINING	
18-19	1/13 - 1/14	FUTSAL SESSION #3	ORU
18-19	1/15 - 1/18	Training Resumes x1	
18-19	1/20 - 1/21	FUTSAL SESSION #4	ORU
18-19	1/22 - 1/25	Training Session x2	
18-19	1/27-1/28	FUTSAL SESSION #5	ORU
18-19	1/29 - 2/1	Friendly x1	
18-19	2/3 - 2/4	FUTSAL SESSION #6 Play-Offs	ORU
18-19	2/5 - 2/8	Training Session x2	
18-19	2/10 - 2/11	LEAGUE PLAY	LEAGUE SEASON BEGINS
18-19	2/12 - 2/15	HS Soccer Week Off	
	2/7/18	COLLEGE SIGNING DATE	NLI SIGNING DATE
18-19	2/17 - 2/18	FUTSAL SESSION #7 Finals	ORU
	2/17- 2/18	ID2/PDP EVENT - OPC COMBINE	TBD
18-19	2/19 - 2/23	Cross Training Session x1	

	2/24 - 2/25	Open Weekend	TBD
18-19	2/26 - 3/1	Cross Training Session x1	
18-19	3/3 - 3/4	Open Weekend	Norman Performance Cup
18-19	3/5 - 3/8	Team Training Session X1	
18-19			
18-19	Date	Team Date	Club Dates
18-19	3/10 - 3/11	SPRING BREAK	
18-19	3/12 - 3/16	SPRING BREAK	
18-19	3/17 - 3/18	LEAGUE PLAY	
18-19	3/19 - 3/22	Training Session x1	
18-19	3/24 - 3/25	Open Weekend	
18-19	3/26 - 3/29	Training Session x1	
18-19	3/31/18	Open Weekend	
18-19	4/1/18	NO LEAGUE PLAY * EASTER *	
18-19	4/2 - 4/5	Training Session x1	
18-19	4/6 - 4/8	WSA CUP	WSA CUP
18-19	4/9 - 4/12	OFF WEEK JUNIOR/SENIOR TEAMS	
18-19	4/14 - 4/15	Open Weekend	Lexus Cup
18-19	4/16 - 4/19	OFF WEEK JUNIOR/SENIOR TEAMS	
18-19	4/21 - 4/22	Open Weekend	
18-19	4/23 - 4/27	Training Session X2	Film Review * Game Analysis
18-19	4/28 - 4/29	LEAGUE PLAY	
18-19	4/30 - 5/3	Training Session x1	
18-19	5/5 - 5/6	Open Weekend	
18-19	5/7 - 5/10	Training Session x2	
18-19	5/12/17	LEAGUE PLAY/LEAGUE CUP	
18-19	5/13/18	* Rain Date Mother's Day	
18-19	5/14 - 5/18	Training Session x3	
18-19	5/19 - 5/20	LEAGUE PLAY/LEAGUE CUP	LEAGUE SEASON ENDS
18-19	5/21 - 5/24	Training Session x2 State Cup Prep	
18-19	5/26 - 5/27	Rain Date if Needed	RAIN DATE
18-19	5/28/18	Memorial Day	
18-19	5/29 - 6/1	Final Sessions for State Cup	
18-19	6/1 - 6/3	STATE CUP TOURNAMENT	
18-19	6/4 - 6/8	Team Formation/Player Placement	
18-19	6/8/18	Signing Day	
18-19	6/12/18	CLUB RECOGNITION NIGHT	JUNE 12th Recognition Night

	6/22- 6/26	USCS Nationals (State Champs)	
18-19	7/13 - 7/17	NPL National Finals (NPL Champs)	
18-19	7/20 - 7/24	USCS Nationals (State Champs)	
18-19	7/28 - 7/29	Summer Showcase	

PERIODIZATION EQUATION

GAMES

Friendlies	8
Tournament	12
League	14
Post Season	5
TOTAL GAMES	39

TRAINING

Team Session	58
Classroom	6
Cross-Training	12
Functional/AST	10
TOTAL SESSIONS	86

RATIO: Training: Games 86 39 2.21

REST-RECOVERY

Hi-Intensity Sessions
Low-Intensity Sessions
Med-Intensity Sessions

