

WSA PERIODIZATION MASTER CALENDAR 16U-17U

KEY

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

16-17	9/9 - 9/10	LEAGUE PLAY	
16-17	9/11 - 9/14	Team Session x2	
16-17	9/16 - 9/17	LEAGUE PLAY	
16-17	9/18 - 9/21	Team Session x2	
16-17	9/23 - 9/24	LEAGUE PLAY	
16-17	9/25 - 9/28	Team Session x2	
16-17	9/30 - 10/1	LEAGUE PLAY	
16-17	10/2 - 10/5	Team Session x2	
16-17	10/7 - 10/8	LEAGUE PLAY	
16-17	10/9 - 10/12	Team Session x2	** Film Review Game Analysis
16-17	10/14 - 10/15	LEAGUE PLAY	
16-17	10/16 - 10/18	Team Session x1	Fall Break
16-17	10/21 - 10/22	OPEN WEEKEND FALL BREAK	PDP/ID2 EVENT
16-17	10/23 - 10/26	Team Session x2	
16-17	10/28 - 10/29	OPEN WEEKEND	
16-17	10/30 - 11/2	Team Session x2	
16-17	11/4 - 11/5	LEAGUE PLAY	
16-17	11/6 - 11/9	Team Session x2	
16-17	11/11 - 11/12	OPEN WEEKEND	Norman Classic Cup
16-17	11/13 - 11/16	Team Session x2	
16-17	11/18 - 11/19	Sam Shannon Showcase	Sam Shannon Showcase
16-17	11/20 - 11/26	Thanksgiving Holiday	
16-17	11/27 - 11/30	Team Session x2	
16-17	Date	Team Date	Club Dates
16-17	12/2 - 12/3	LEAGUE PLAY * Rain Date *	U16/U19 Men's League Play

16-17	12/2 - 12/3	TBD Showcase Event Per Team	Women's Final IV Showcase
16-17	12/4 - 12/7	Optional Sessions x2	
16-17	12/9 - 12/10	LEAGUE PLAY * Rain Date *	U16/U19 Women League Play
16-17		TBD Showcase Event Per Team	Men's Final IV Showcase
16-17	12/11 - 12/18	Player Evaluations/Feedback	
16-17	12/11 - 12/15	Futsal Practices x1 Session	
16-17	12/16 - 12/17	FUTSAL SESSION #1	ORU
16-17	12/18 - 1/5 CHRISTMAS HOLIDAY		
16-17	1/6 - 1/7	FUTSAL SESSION #2	ORU
16-17	1/8 - 1/11	NO TRAINING	
16-17	1/13 - 1/14	FUTSAL SESSION #3	ORU
16-17	1/15 - 1/18	Training Resumes x1	
16-17	1/20 - 1/21	FUTSAL SESSION #4	ORU
16-17	1/22 - 1/25	Training Session x2	
16-17	1/27-1/28	FUTSAL SESSION #5	ORU
16-17	1/29 - 2/1	Friendly x1	
16-17	2/3 - 2/4	FUTSAL SESSION #6 Play-Offs	ORU
16-17	2/5 - 2/8	Training Session x2	
16-17	2/10 - 2/11	LEAGUE PLAY	LEAGUE SEASON BEGINS
16-17	2/12 - 2/15	HS Soccer Week Off	
16-17	2/7/18	COLLEGE SIGNING DATE	NLI SIGNING DATE
16-17	2/17 - 2/18	FUTSAL SESSION #7 Finals	ORU
16-17	2/17- 2/18	ID2/PDP EVENT - OPC COMBINE	TBD
16-17	2/19 - 2/23	Cross Training Session x1	
16-17	2/24 - 2/25	Open Weekend	TBD

16-17	2/26 - 3/1	Cross Training Session x1	
16-17	3/3 - 3/4	Open Weekend	Norman Performance Cup
16-17	3/5 - 3/8	Team Training Session X1	
16-17			
16-17	Date	Team Date	Club Dates
16-17	3/10 - 3/11	SPRING BREAK	
16-17	3/12 - 3/16	SPRING BREAK	
16-17	3/17 - 3/18	LEAGUE PLAY	
16-17	3/19 - 3/22	Training Session x1	
16-17	3/24 - 3/25	Open Weekend	
16-17	3/26 - 3/29	Training Session x1	
16-17	3/31/18	Open Weekend	
16-17	4/1/18	NO LEAGUE PLAY * EASTER *	
16-17	4/2 - 4/5	Training Session x1	
16-17	4/6 - 4/8	WSA CUP	WSA CUP
16-17	4/9 - 4/12	OFF WEEK JUNIOR/SENIOR TEAMS	
16-17	4/14 - 4/15	Open Weekend	Lexus Cup
16-17	4/16 - 4/19	OFF WEEK JUNIOR/SENIOR TEAMS	
16-17	4/21 - 4/22	Open Weekend	
16-17	4/23 - 4/27	Training Session X2	Film Review * Game Analysis
16-17	4/28 - 4/29	LEAGUE PLAY	
16-17	4/30 - 5/3	Training Session x1	
16-17	5/5 - 5/6	Open Weekend	
16-17	5/7 - 5/10	Training Session x2	
16-17	5/12/17	LEAGUE PLAY/LEAGUE CUP	

16-17	5/13/18 * Rain Date Mother's Day		
16-17	5/14 - 5/18 Training Session x3		
16-17	5/19 - 5/20	LEAGUE PLAY/LEAGUE CUP	LEAGUE SEASON ENDS
16-17	5/21 - 5/24 Training Session x2 State Cup Prep		
16-17	5/26 - 5/27	Rain Date if Needed	RAIN DATE
16-17	5/28/18	Memorial Day	
16-17	5/29 - 6/1 Final Sessions for State Cup		
16-17	6/1 - 6/3	STATE CUP TOURNAMENT	
16-17	6/4 - 6/8 Team Formation/Player Placement		
16-17	6/8/18 Signing Day		
16-17	6/12/18 CLUB RECOGNITION NIGHT		JUNE 12th Recognition Night
16-17	6/22- 6/26	USCS Nationals (State Champs)	
16-17	7/13 - 7/17	NPL National Finals (NPL Champs)	
16-17	7/20 - 7/24	USCS Nationals (State Champs)	
16-17	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

