

## INDOOR PRACTICES (Generally Starts the Week after Labour Day):

... For Fall 2009, indoor sessions will start week of Sept. 21<sup>st</sup>

- **MONDAY PRACTICES** - Held at the U of C, Red Gym, from 6:30pm – 8:30pm.
- **WEDNESDAY PRACTICES** - Held at the U of C, Gold Gym, from 9:00pm - 10:30pm.
  - For SEPTEMBER, the Wednesday sessions will be for BEGINNERS ONLY.
- We encourage players to attend as many indoor practices as possible. For the **Spartans** and **Warriors** teams, players must attend at least one practice per week.
- There are no practices on any Mondays that fall on a long weekend or during the U of C's Reading Week.
- After the Christmas Break, Monday practices resume the first week of January after the New Year's weekend and run until the end of April\*\*. The only closure will be for Family Day and the U of C's Reading Week.
- Starting in early March, we start training / practicing outdoor skills, either in the gyms or at the Calgary West Soccer Centre. Practice sessions would be on Mondays and Wednesdays, starting at 7:00/7:30pm – 9:00/9:30pm
- **A Minimum of 8 Practices Are MANDATORY for All NEW INDOOR PLAYERS (for those who cannot attend on a regular basis).**

As indoor is quite different from outdoor, it is VERY important and VERY STRONGLY RECOMMENDED that you attend as many practices as possible as the skills and techniques required to do the skills well are somewhat different as are the rules and the game itself. In outdoor, players can 'get by' with minimal basic skills, there is a lot more action and it becomes apparent very quickly if players do not have good basic INDOOR skills. Indoor is a fantastic game and will help players really improve their tight stick and passing skills as well as improve game tactics, but practice is critical to this.