



LONG BENNINGTON FOOTBALL CLUB



This document lays out the schedule, itinerary and location for training sessions, which must be observed by all age groups.

It is intended to minimise crossover, the number of people on both sites and the impact of summer training on the grass pitches. The areas and/or venues used will rotate on a two week cycle.

The schedule will be reviewed weekly and all coaches must report any concerns to the CWO or Secretary.

Additional time has been allocated to all age groups and coaches may vary how they roll out training sessions, providing current guidelines are followed. It is hoped all LBFC coaches will offer assistance to other teams to provide the required 1 to 5 ratios as mandated by the Government.

Coaches must also consider the maximum playing times applicable to their age group:

U6-U8 = 60 minutes

U9-U10 = 90 minutes

U11-U12 = 120 minutes

U13-U16 = 150 minutes

Week 1

Age Group	Day	Time	Venue	Pitch/Area
U6	Saturday	9am-10.15am	Long Bennington	5-a-side
U8	Saturday	10.30am-11.45am	Long Bennington	7-a-side
U9	Thursday	6.00pm-8.00pm	Long Bennington	7-a-side
U10	Tuesday	6.00pm-8.00pm	Long Bennington	9-a-side
U11	Thursday	6.15pm-8.15pm	Long Bennington	9-a-side
U12	Monday	6.00pm-8.00pm	Long Bennington	9-a-side
U13 Girls	Wednesday	6.00pm-8.00pm	Foston	Site
U15 Girls	Wednesday	6.00pm-8.00pm	Long Bennington	9-a-side
U15	Tuesday	6.00pm-8.00pm	Foston	Site
U16	Friday	6.00pm-8.00pm	Foston	Site
U17 Girls	Monday	6.00pm-8.00pm	Foston	Site
U17 Sat	Tuesday	6.15pm-8.15pm	Long Bennington	11-a-side
U17 Sun	Thursday	6.00pm-8.00pm	Foston	Site
1 st Team	Saturday	12.00pm-2.00pm	Long Bennington	11-a-side
Veterans	Wednesday	6.30pm-8.00pm	Long Bennington	11-a-side
Walkers	Friday	6.30pm-8.30pm	Long Bennington	MSF

Week 2

Age Group	Day	Time	Venue	Pitch/Area
U6	Saturday	9am-10.15am	Long Bennington	5-a-side
U8	Saturday	10.30am-11.45am	Long Bennington	7-a-side
U9	Thursday	6.00pm-8.00pm	Long Bennington	7-a-side
U10	Tuesday	6.00pm-8.00pm	Long Bennington	9-a-side
U11	Thursday	6.00pm-8.00pm	Foston	Site
U12	Monday	6.00pm-8.00pm	Foston	Site
U13 Girls	Wednesday	6.00pm-8.00pm	Long Bennington	9-a-side
U15 Girls	Wednesday	6.15pm-8.15pm	Long Bennington	11-a-side
U15	Tuesday	6.15pm-8.15pm	Long Bennington	11-a-side
U16	Friday	6.00pm-8.00pm	Long Bennington	11-a-side
U17 Girls	Monday	6.00pm-8.00pm	Long Bennington	9-a-side
U17 Sat	Tuesday	6.00pm-8.00pm	Foston	Site
U17 Sun	Thursday	6.15pm-8.15pm	Long Bennington	11-a-side
1st Team	Saturday	12.00pm-2.00pm	Foston	Site
Veterans	Wednesday	6.30pm-8.00pm	Foston	Site
Walkers	Friday	6.30pm-8.30pm	Long Bennington	MSF



Wherever possible, please do fitness work in areas off the playing surfaces, as denoted by the marked areas.

“Ball work” should, wherever possible, **NOT** be done in areas of high usage such as goalmouths and central areas.



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