CONTINENTAL FOOTBALL CLUB
FALL GIRLS PROGRAM

WHO

U15 – U18
FEMALE
ECNL, NPL, USYS
PLAYERS

WHERE

CONSHOHOCKEN

COST

$ 375

The Continental Football Club Fall Program will serve as an alternative option for those who choose not to play high school soccer, as well as offer training and competitive outlets for our players who do not have a fall soccer season. The Fall GIRLS Program will follow the Continental Zone 2 Curriculum Plan paired with the Continental FC ECNL/NPL Principles of Play. The fall program will have a strong training emphasis in line with the ECNL and NPL program structure, and focus on preparing the players for their upcoming league seasons, as well as continually focus on the overall development of the players, ensuring their growth as players in the Continental FC environment. The goal of this program is to improve the high school age female player's ability to have a greater impact on their team's performance in upcoming league and showcase events through this innovative development model.

FALL PROGRAM

August/September/October

- **3 - 4 Training Sessions Per Week**
- **Functional and Team Training Model**
- **Instruction from Continental FC ECNL/NPL Staff**
- **Matches and Friendlies**
- **Strength, Conditioning and Psychosocial Focus**
- **Prepare for league schedule**

TRAINING SCHEDULE

Monday/Wednesday/Thursday
8 – 9:30 PM
The Proving Grounds
[Weekend times/locations TBD]

Continental Football Club Fall Girls Program

August/September			December		
Day	Date	Activity	Day	Date	Activity
Monday	8/31/15		Thursday	10/1/15	
Tuesday	9/1/15		Friday	10/2/15	
Wednesday	9/2/15		Saturday	10/3/15	
Thursday	9/3/15		Sunday	10/4/15	
Friday	9/4/15		Monday	10/5/15	
Saturday	9/5/15		Tuesday	10/6/15	
Sunday	9/6/15		Wednesday	10/7/15	
Monday	9/7/15		Thursday	10/8/15	
Tuesday	9/8/15		Friday	10/9/15	
Wednesday	9/9/15		Saturday	10/10/15	
Thursday	9/10/15		Sunday	10/11/15	
Friday	9/11/15		Monday	10/12/15	
Saturday	9/12/15		Tuesday	10/13/15	
Sunday	9/13/15		Wednesday	10/14/15	
Monday	9/14/15		Thursday	10/15/15	
Tuesday	9/15/15		Friday	10/16/15	
Wednesday	9/16/15		Saturday	10/17/15	
Thursday	9/17/15		Sunday	10/18/15	
Friday	9/18/15		Monday	10/19/15	
Saturday	9/19/15		Tuesday	10/20/15	
Sunday	9/20/15		Wednesday	10/21/15	
Monday	9/21/15		Thursday	10/22/15	
Tuesday	9/22/15		Friday	10/23/15	
Wednesday	9/23/15		Saturday	10/24/15	
Thursday	9/24/15		Sunday	10/25/15	
Friday	9/25/15				
Saturday	9/26/15				
Sunday	9/27/15				
Monday	9/28/15				
Tuesday	9/29/15				
Wednesday	9/30/15				
Training			Match		