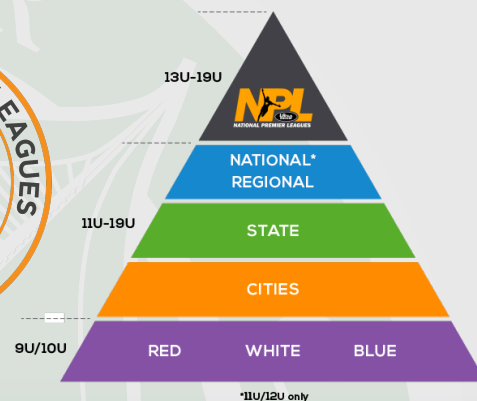


# U13-U19 AGE GROUP OVERVIEW

## FALL (AUGUST - OCTOBER)

- TEAM TRAINING
- GOALKEEPER TRAINING
- NPL LEAGUE PLAY - TOP TEAMS ONLY
- TCSL FALL LEAGUE



## WINTER (NOVEMBER - APRIL)

- TEAM TRAINING
- FUTSAL
- GOALKEEPER TRAINING
- SOCCER FIRST TRAINING (OPTIONAL)
- NPL LEAGUE PLAY - TOP TEAMS ONLY
- NPL SHOWCASE EVENTS
- SOCCER FIRST TRAVEL EVENT (OPTIONAL)



### SOCCER FIRST PROGRAM INCLUDES:

- ONE ADDITIONAL TRAINING SESSION PER WEEK
- ONE REGIONAL OR NATIONAL TOURNAMENT OR SHOWCASE EVENT
- GUEST COACHES FROM LOCAL COLLEGE PROGRAMS

## SPRING / SUMMER (MAY-JULY)

- TEAM TRAINING
- GOALKEEPER TRAINING
- NPL LEAGUE PLAY - TOP TEAMS ONLY
- TCSL SPRING / SUMMER LEAGUE PLAY
- MN CLUB CUP
- US CLUB SOCCER REGIONAL TOURNAMENT (OR NPL NATIONAL FINALS)
- ADDITIONAL SHOWCASE EVENT

