

Below is a general schedule for each “season” that builds technical skills and player strength and fitness in preparation of Spring events and ahead of league and post-season play.

## FALL “UNDER 15” (U09 - U14) AUG-SEPT-OCT

- Training u14 and younger players (older players typically in high school)
- Usually 2-3 days per week of training and games on weekends.
- u14 and younger will have 2-3 events (tournaments) in fall season.
- As high school players return (mid-October) training available.
- Older players will play in Scott Gallagher (St. Louis) early November.

## WINTER “PRE-SEASON” (U09 - U18) NOV-DEC-JAN

- 2-days of Turf training begins for ALL PLAYERS on FRIDAYS & SUNDAYS.  
FRIDAY: (North & South) Concordia University;  
SUNDAY: (North) NSC; (South) Rosemount Dome
- Futsol for players typically on SATURDAYS in local gyms
- 1-Weekday Technical Training (team scheduled)  
Next Level / ARC Soccer in Eagan

## SPRING “TOURNEY-SEASON” (U09 - U18) FEB-MAR-APR

- 2-days of Regular Turf training for ALL PLAYERS continues.
- Futsol for players typically on SATURDAYS in local gyms
- 1-weekday of Next Level / ARC Soccer in Eagan continues
- Older teams (u13 +) scheduled for EVENTS outside Minnesota.
- Younger teams continue training and play in local tourney's

## SUMMER “LEAGUE-SEASON” (U09 - U18) MAY-JUN-JUL

- 2-3 days per week of Outdoor training set for ALL TEAMS.
- Discounted Next Level / ARC Soccer in Eagan opportunity for Blast players
- League games begin; National league begins (+ u14); UPSL begins (women)
- Younger teams (u09-u12) compete in local tournaments.
- Regional tournaments and National tournament schedules released
- Teams must qualify for regionals or Nationals



# On with the Seasons!

Blast season scheduling for our teams u13 and older is built to allow for a consistent mix of technical and tactical development with competitive events used to measure progress.

## BLAST SEASONS:

Blast seasons break into Fall, Winter, Spring, and Summer with each season having a particular focus or emphasis. Each season has a rest period providing players at least a week away from soccer. This can be important for players needing time to address any homework or study related needs, to rest a nagging injury or just to refresh bodies. Even the highest level of professionals will get 2 months away from the game over the course of a year. Blast sees the value in the same type of break for our players.

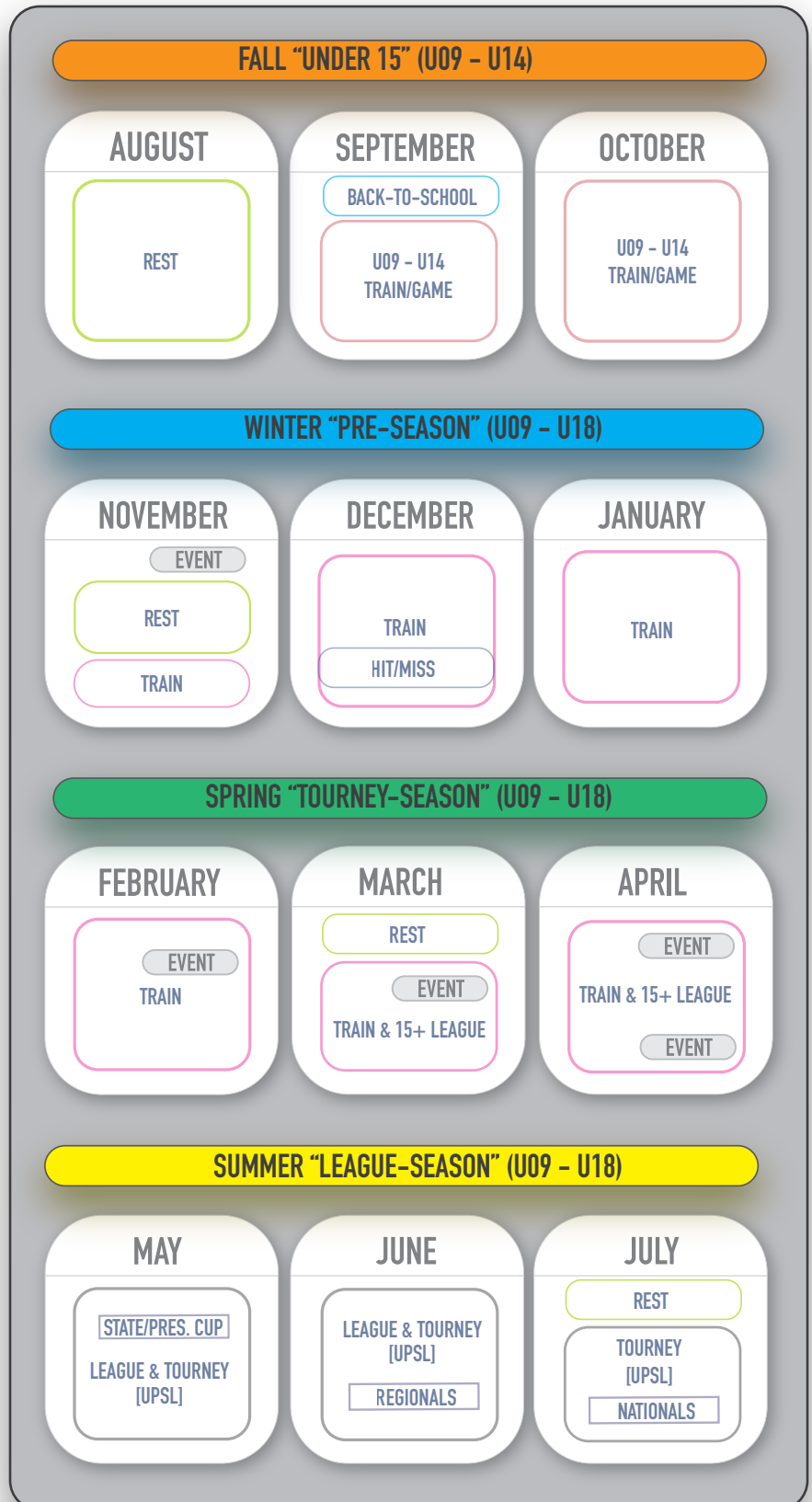
## SEASON BLOCKS:

Each season is roughly 3-months long and includes 8-12 training blocks per season [4 sets of 3-week blocks] with 1-2 weeks off per season for rest or holidays. We work in these blocks to organize training sets and allow for all coaches to spend time with different teams and provide valuable feedback to trainers.

## DEVELOPMENT vs. COMPETITIVE:

While each season has a training and development cycle, each season does NOT have a competitive element.

Blast prioritizes training in the Fall for our players u14 and under as many/most of our u15+ players are competing in high school soccer programs. However, we have historically trained a number of players u15 and older who choose not to play high school soccer.





# Blast 3-Week Developmental Block Training

## FALL SEASON

8 Blocks: Aug-Sep-Oct

Each 3-week block has one event sandwiched between training weeks. The event will be the benchmark for how training is moving along. We will make any adjustments or refocus effort before the next event.

## WINTER SEASON

8 Blocks: Nov-Dec-Jan

Each 3-week block looks much the same through the entire block as we prioritize training and player development. We will have weekly Next-Level/ARC session to increase technical skills and build player strength and fitness.

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1							
WEEK #2							
WEEK #3							

\* Training, game and event days are NOT actual; but used for demonstration purposes

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1		 NEXT LEVEL/ARC 1-SESSION					
WEEK #2		 NEXT LEVEL/ARC 1-SESSION					
WEEK #3		 NEXT LEVEL/ARC 1-SESSION					

## Blast 3-Week Developmental Block Training

### SPRING SEASON

11 Blocks: Feb-Mar-Apr

Each 3-6 week block will have an Event we train for. These events are for u13+ primarily and will be either a drive event or a fly event. We build for each event, compete, measure progress, and adjust training if necessary.

### SUMMER SEASON

8-10 Blocks: May-Jun-Jul

Each 3-week block has league games spotted in according to league schedules. Training will be as consistent as possible with teams having same days each week. If a game lands on a training day, that training is dropped.

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1		BLAST NEXT LEVEL/ARC 1-SESSION			BLAST TRAINING	BLAST FUTSOL	BLAST TRAINING
WEEK #2		BLAST NEXT LEVEL/ARC 1-SESSION			BLAST EVENT		
WEEK #3		BLAST NEXT LEVEL/ARC 1-SESSION			BLAST TRAINING	BLAST FUTSOL	BLAST TRAINING

\* Event days are NOT actual; but used for demonstration purposes

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1		BLAST TRAINING	BLAST GAME	BLAST TRAINING			BLAST TRAINING
WEEK #2		BLAST TRAINING		BLAST GAME			BLAST TRAINING
WEEK #3	BLAST GAME	BLAST TRAINING		BLAST TRAINING			BLAST TRAINING

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