

FOTC Coaching Programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
7.00am							7.00am
7.30am							7.30am
8.00am							8.00am
8.30am							8.30am
9.00am						Mini Red Development	9.00am
9.30am						Mini Blue Development	9.30am
10.00am						Mini Orange Development	10.00am
10.30am						Mini Green Invitation	10.30am
11.00am						Mini Red Invitation	11.00am
11.30am						Mini Orange Invitation	11.30am
12.00pm						18&u Development	12.00pm
12.30pm		Ladies Lunchtime Mix In				18&u Invitation	12.30pm
1.00pm		Adult Cardio/Drills			Ladies Lunchtime Mix In	Adult Drills?	1.00pm
1.30pm							1.30pm
2.00pm							2.00pm
2.30pm							2.30pm
3.00pm							3.00pm
3.30pm							3.30pm
4.00pm	Mini Blue Development	Mini Red Development			Mini Reds Development	Mini Blue Development	4.00pm
4.30pm							4.30pm
5.00pm	Teenage Beginners / Improvers	Mini Green Development	Mini Orange Development	Mini Orange Invitation	Mini Green Invitation		5.00pm
5.30pm				Mini Green Development	Mini Orange Development	Mini Orange Development	5.30pm
6.00pm	18&u Intermediate / Advanced	Mens Team Coaching				Mini Green Development	6.00pm
6.30pm						14&u Yellow Invitation	6.30pm
7.00pm				Ladies Team Coaching		Family Fun Night 6-10yrs	7.00pm
7.30pm						Family Fun Night 11+ yrs	7.30pm
8.00pm							8.00pm
8.30pm		Adult Intermediates					8.30pm
9.00pm							9.00pm

Mini Blue 3-5 years old
 Mini Red 6-8 years old

Mini Orange 8-9 years old
 Mini Green 10-11 years old

Yellow Ball 11 years and over