

Junior Blues Training Plan							
Monday				Tuesday			
	4:45pm-6:15pm	6:00pm-7:00pm			4:45pm-5:45pm	5:45pm-7:00pm	7:00pm-8:30pm
Frankston 1	FDBA Competitions	FDBA Competitions		Frankston 1	Boys U18-1	Girls U18-1 / YL	Boys U21 / YL
Frankston 2	FDBA Competitions	FDBA Competitions		Frankston 2	Boys U14-3 / U14-4	Girls U18-1 / YL	Boys U21 / YL
Frankston 3	FDBA Competitions	FDBA Competitions		Frankston 3	Girls U14-1 / U14-2	Girls U12-3 / U12-5	FDBA Competitions
Frankston 4	FDBA Competitions	FDBA Competitions		Frankston 4	Girls U16-2 / U14-3	Girls U14-5 / U14-4	FDBA Competitions
Frankston 5	FDBA Competitions	FDBA Competitions		Frankston 5	Boys U18-3 / U16-2	Boys U16-1 / U16-3	FDBA Competitions
Frankston 6	FDBA Competitions	FDBA Competitions		Frankston 6	Girls U12-1 / U12-2	Boys U14-1 / U14-2	FDBA Competitions
Langwarrin 1	Girls U12-6	FDBA Competitions		Langwarrin 1	Girls U12-4 / Boys U18-2(5pm-6pm)	Girls U16-3 / U16-4 (6pm-7pm)	FDBA Competitions
Langwarrin 2		FDBA Competitions		Langwarrin 2	Girls U18-2 / U18-3 (5pm-6pm)	Boys U16-5 / U14-5 (6pm-7pm)	FDBA Competitions
Langwarrin 3		FDBA Competitions		Langwarrin 3	Boys U14-6 / 18-4 (5pm-6pm)	Boys U14-7 / U12-4 (6pm-7pm)	FDBA Competitions
Wednesday				Thursday			
	4:00pm-5:30pm	5:30pm-10:00pm			4:30pm-5:30pm	5:30pm-7:00pm	7:00pm-8:30pm
Langwarrin 1	Boys U12-1	FDBA Competitions		Frankston 1	Girls U16-1	Girls U18-1 / YL	Boys U21 / YL
Langwarrin 2	Boys U12-2 / U12-5	FDBA Competitions		Frankston 2	Academy/Domestic Clubs	Girls U18-1 / YL	Boys U21 / YL
Langwarrin 3	DBA Boys	FDBA Competitions		Frankston 3	Academy/Domestic Clubs	FDBA Competitions	FDBA Competitions
				Frankston 4	Academy/Domestic Clubs	FDBA Competitions	FDBA Competitions
				Frankston 5	Academy/Domestic Clubs	FDBA Competitions	FDBA Competitions
				Frankston 6	Academy/Domestic Clubs	FDBA Competitions	FDBA Competitions
				Langwarrin 1	FDBA Competitions	FDBA Competitions	FDBA Competitions
				Langwarrin 2		Boys U12-3 (5pm-6:15pm)	FDBA Competitions
				Langwarrin 3		Boys U16-4	Girls U21
Sunday							
	8am - 9.30am	9.30am - 11am	11am - 12.30pm	5pm - 6.30pm			
Frankston 1	Girls U12-1	Girls U14-1		FDBA Competitions			
Frankston 2	Girls U12-2 / U12-3	Girls U14-2 / U14-3	Girls U18-2	FDBA Competitions			
Frankston 3	Girls U16-1	Boys U16-2	Girls U18-3	FDBA Competitions			
Frankston 4	Girls U16-2 / U16-3	Boys U16-4 / U16-5	Boys U14-6	FDBA Competitions			
Frankston 5	Boys U16-1	Boys U12-4 / U12-5	Boys U18-3	FDBA Competitions			
Frankston 6	Boys U14-1 U16-3	Boys U14-2	Boys U18-4	FDBA Competitions			
Langwarrin 1	Boys U12-1	Girls U14-4 / U14-5	Boys U14-7	Boys U18-1 / U18-2			
Langwarrin 2	Boys U12-2 / U12-3	Boys U14-3 / U14-5	Girls U16-4	Girls U21			
Langwarrin 3	Boys U14-4	Girls U12-4 / U12-5					
Last updated: 29/01/2019							