

Junior Blues Training Plan

Monday

	4:45pm-6:15pm	6:00pm-7:00pm
Frankston 1	FDBA Competitions	FDBA Competitions
Frankston 2	FDBA Competitions	FDBA Competitions
Frankston 3	FDBA Competitions	FDBA Competitions
Frankston 4	FDBA Competitions	FDBA Competitions
Frankston 5	FDBA Competitions	FDBA Competitions
Frankston 6	FDBA Competitions	FDBA Competitions
Langwarrin 1	Girls U12-6	FDBA Competitions
Langwarrin 2	Boys U14-4	FDBA Competitions
Langwarrin 3		FDBA Competitions

Tuesday

	4:45pm-5:45pm	5:45pm-7:00pm	7:00pm-8:30pm
Frankston 1	Girls U18-1 / YL / NBL1	Girls U18-1 / YL / NBL1	Boys U21 / YL / NBL1
Frankston 2	Boys U14-3	Girls U18-1 / YL / NBL1	Boys U21 / YL / NBL1
Frankston 3	Girls U14-1 / U14-2	Girls U12-3 / U12-5	FDBA Competitions
Frankston 4	Girls U16-2 / U14-3	Girls U14-5 / U14-4	FDBA Competitions
Frankston 5	Boys U18-1 / U18-4	Boys U16-1 / U16-3	FDBA Competitions
Frankston 6	Girls U12-1 / U12-2	Boys U14-1 / U14-2	FDBA Competitions
Langwarrin 1	Girls U12-4 / Boys U18-2(5pm-6pm)	Girls U16-3 / U16-4 (6pm-7pm)	FDBA Competitions
Langwarrin 2	Girls U18-2 / U18-3 (5pm-6pm)	Boys U16-5 / U14-5 (6pm-7pm)	FDBA Competitions
Langwarrin 3	Boys U14-6 (5pm-6pm)	Boys U14-7 / U12-4 (6pm-7pm)	FDBA Competitions

Wednesday

	4:00pm-5:30pm	5:30pm-10:00pm
Langwarrin 1	Boys U12-1	FDBA Competitions
Langwarrin 2	Boys U12-2 / U12-5	FDBA Competitions
Langwarrin 3	Boys U12-6 / U12-7	FDBA Competitions
Monash Uni	Boys U18-3 (5pm-6pm)	FDBA Competitions

Thursday

	4:30pm-5:30pm	5:30pm-7:00pm	7:00pm-8:30pm
Frankston 1	Girls U16-1	Girls U18-1 / YL / NBL1	Boys U21 / YL / NBL1
Frankston 2	Academy/Domestic Clubs	Girls U18-1 / YL / NBL1	Boys U21 / YL / NBL1
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
Langwarrin 2		FDBA Competitions	FDBA Competitions
Langwarrin 3		Boys U12-3 / U16-4	Girls U21

Sunday

	8am - 9.30am	9.30am - 11am	11am - 12.30pm	5pm - 6.30pm
Frankston 1	Girls U14-1	Girls U12-1	NBL1 / Big V Games	FDBA Competitions
Frankston 2	Girls U14-2 / U14-3	Girls U12-2 / U12-3		FDBA Competitions
Frankston 3	Girls U16-1	Boys U18-3 / U14-6	Girls U12-6	FDBA Competitions
Frankston 4	Girls U16-2 / U16-3	Boys U16-4 / U16-5	Girls U16-4	FDBA Competitions
Frankston 5	Boys U16-1	Boys U12-4 / Girls U12-5	Girls U18-2 / 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 U14-5		
Langwarrin 2	Boys U12-2 / U12-3	Boys U14-3 / U14-5		Girls U21
Langwarrin 3	Boys U14-4 / U14-7	Girls U12-5		
McClelland 1	Boys U18-2 / U16-2			
McClelland 2	Boys U12-5 / Girls U14-4			

*Updated 24/05/2019