



**Coquitlam Metro-Ford Soccer Club
Field Training Program
2015-2016 Season**



CMFSC FIELD TRAINING PLAN

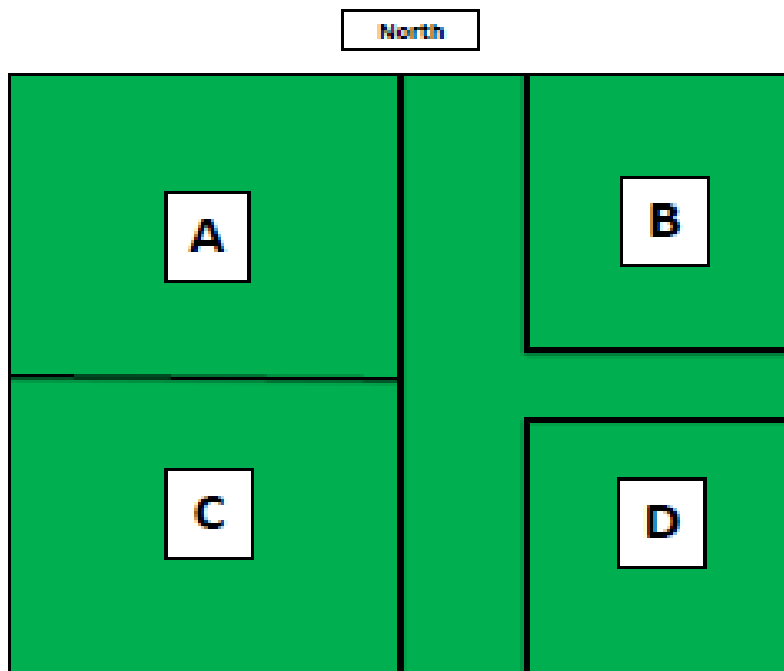
The intention of this plan is to provide a field training plan to ensure fairness as well to provide direction to avoid any confusion on training layouts for team.

In some cases, teams will be assigned a number when a rotation cycle will be determined as outlined.

Goals may need to be shared/alternated depending on how many are available on the field. Teams will take one goal and then if there are extra, they can be used.

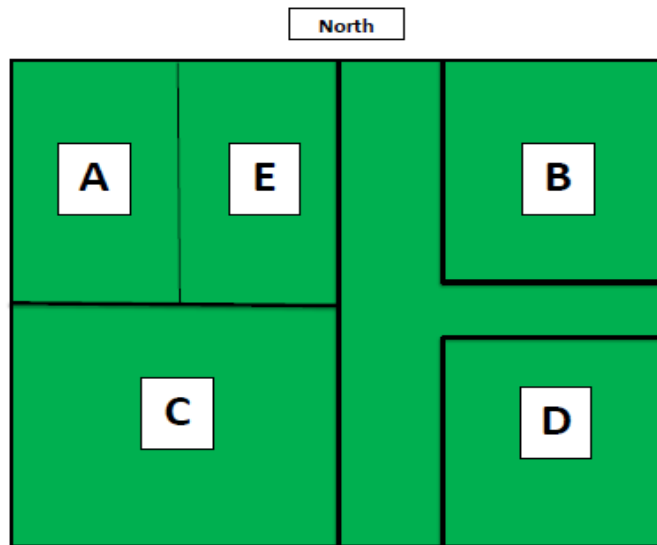
TC NORTH

1. 4 teams per field
 - Teams will rotate each time they have access to the field. They will be given a number from 1-4 and team 1 will start in quadrant A.



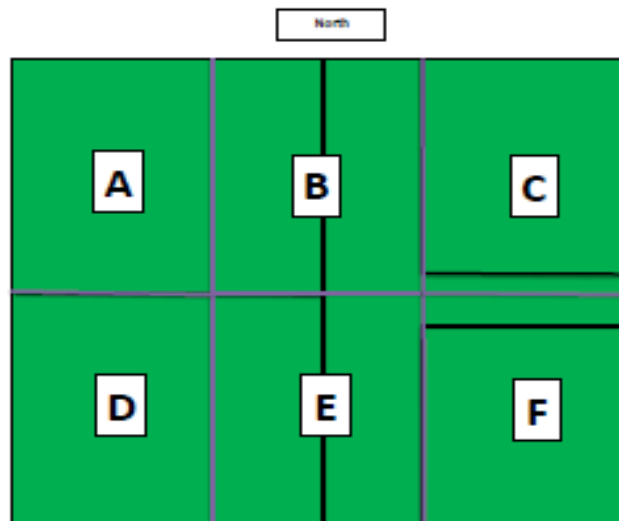
2. 5 teams per field

- Teams will rotate each time they have access to the field. They will be given a number from 1-5 and team 1 will start in quadrant A.



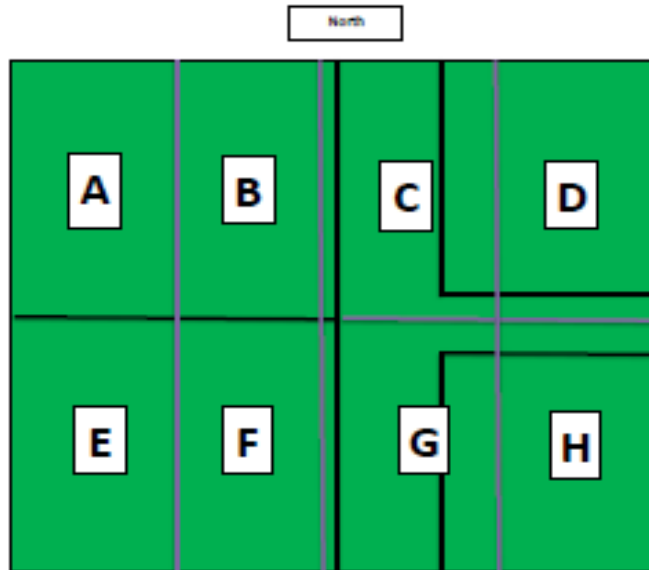
3. 6 teams per field

- Teams will stay in their assigned location. Rotation may occur on a monthly basis



4. 7/8 teams per field

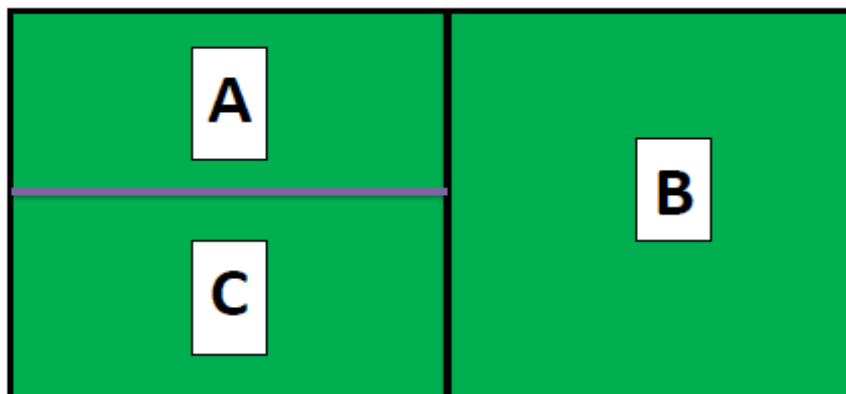
- Teams will stay in their assigned location. Rotation may occur on a monthly basis



ALL OTHER TURF FIELDS

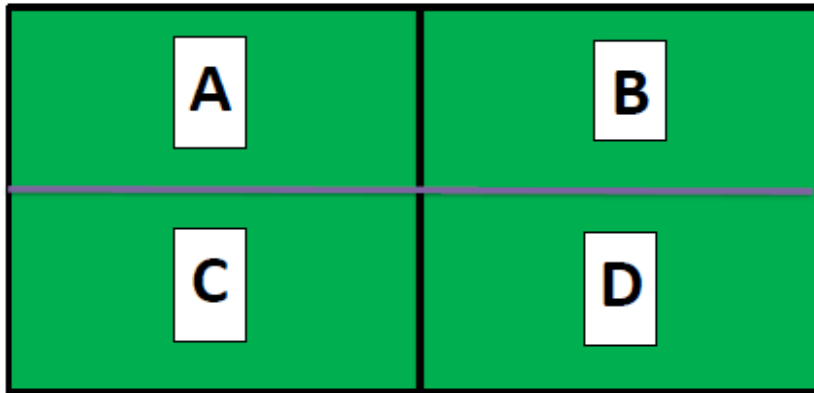
1. 3 teams per field

- Teams will rotate each time they have access to the field. They will be given a number from 1-3 and team 1 will start in quadrant A.



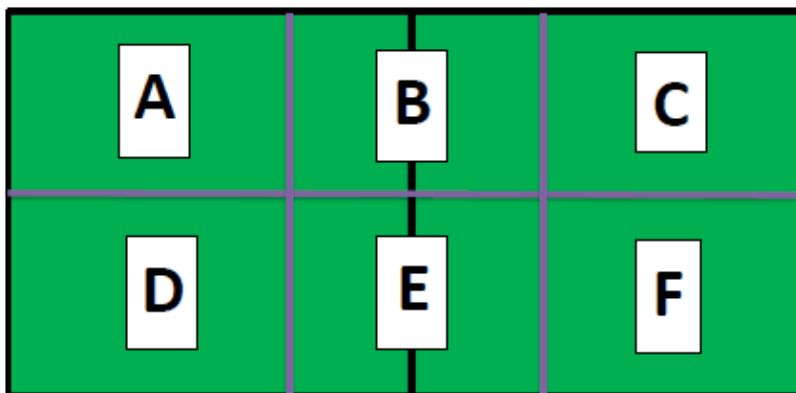
2. 4 teams per field

- Teams will stay in their assigned location. Rotation may occur on a monthly basis



3. 5/6 teams per field

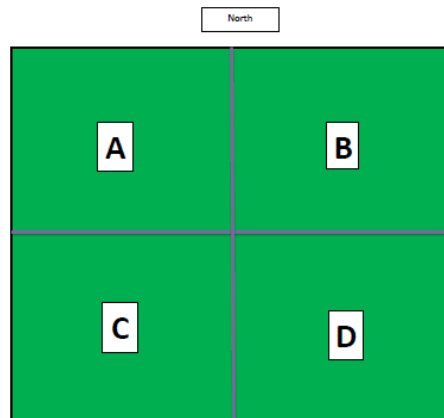
- Teams will stay in their assigned location. Rotation may occur on a monthly basis



ALL WEATHER GRAVEL FIELDS

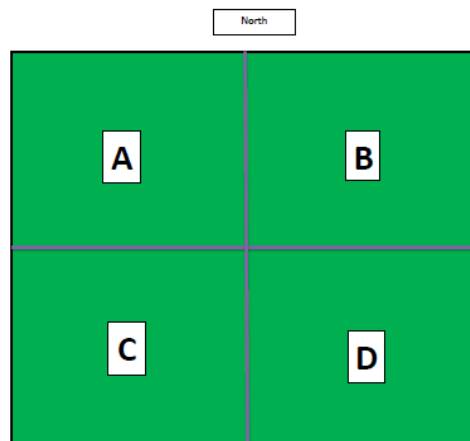
PORTER

1. 4 teams per field
 - Teams will stay in their assigned location. Rotation may occur on a monthly basis



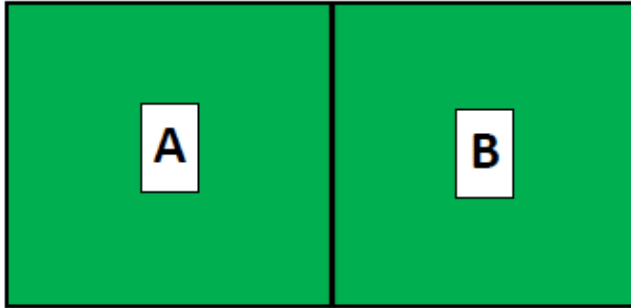
RIVERVIEW PARK

1. 4 teams per field
 - Teams will stay in their assigned location. Rotation may occur on a monthly basis



MONTGOMERY MIDDLE UPPER

1. 2 teams per field
 - Teams will stay in their assigned location.



MONTGOMERY MIDDLE LOWER

1. 3 teams per field
 - Teams will rotate on a weekly basis

