

Sample STUNT 8U Practice/Game Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	DAY OFF	Practice: Skill Check	DAY OFF	Practice: Routine Assignments	DAY OFF
2	DAY OFF	Practice: Routine = 1 Skills = 2	DAY OFF	Practice: Routine = 2 Skills = 3	DAY OFF
3	DAY OFF	Practice: Routine = 3 Skills = 1	DAY OFF	Practice: All Routines	DAY OFF
4	DAY OFF	Practice: Q4	DAY OFF	Practice: Inter-Squad Scrimmage	DAY OFF
5	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 1 1 vs 2 5 vs 6 3 vs 4	DAY OFF
6	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 2 1 vs 3 2 vs 6 4 vs 5	DAY OFF
7	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 3 1 vs 4 3 vs 6 2 vs 5	DAY OFF
8	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 4 1 vs 5 4 vs 6 2 vs 3	DAY OFF
9	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 5 1 vs 6 2 vs 4 3 vs 5	DAY OFF
10	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Championship Game(s) @ Team 6	DAY OFF

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Sample STUNT 11U Practice/Game Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	DAY OFF	Practice: Skill Check	DAY OFF	Practice: Routine Assignments	DAY OFF
2	DAY OFF	Practice: Routine = 1-2 Skills = 3-4	DAY OFF	Practice: Routine = 3-4 Skills = 5-6	DAY OFF
3	DAY OFF	Practice: Routine = 5-6 Skills = 1-2	DAY OFF	Practice: All Routines	DAY OFF
4	DAY OFF	Practice: Q4	DAY OFF	Practice: Inter-Squad Scrimmage	DAY OFF
5	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 1 1 vs 2 5 vs 6 3 vs 4	DAY OFF
6	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 2 1 vs 3 2 vs 6 4 vs 5	DAY OFF
7	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 3 1 vs 4 3 vs 6 2 vs 5	DAY OFF
8	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 4 1 vs 5 4 vs 6 2 vs 3	DAY OFF
9	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Games @ Team 5 1 vs 6 2 vs 4 3 vs 5	DAY OFF
10	DAY OFF	Practice: Game Walk thru/Updates from film	DAY OFF	Championship Game(s) @ Team 6	DAY OFF

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