

Practice Schedule

U4 Practice Schedule

Field	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6:00 PM	Red Bulls		Red Bulls				
	7:00 PM	Rapids	Crew	Rapids	Crew			
2	6:00 PM	Wizards		Dynamo	Wizards			
	7:00 PM	Dynamo						
3	6:00 PM	Fire			Fire			
	7:00 PM	Revolution		Revolution				

U6 Practice Schedule

Field	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	6:00 PM	Wizards		Galaxy	Wizards	Crew		
	7:00 PM	Chivas USA		Chivas USA				
5	6:00 PM	Red Bulls		Red Bulls	Dynamo	Crew		
	7:00 PM	Crew	Rapids	Sounders	Rapids	Sounders		
6	6:00 PM	Earthquake		Earthquake		Galaxy		
	7:00 PM	Dynamo		Revolution	United	Revolution		
7	6:00 PM	Toronto		Toronto	Fire	Fire		
	7:00 PM	Real	United		Real	United		

U8 Practice Schedule

Field	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	6:00 PM	Crew		Earthquake	Earthquake	Crew	Red Bulls	
	7:00 PM	Toronto	Chivas USA	Toronto	Chivas USA	Rapids	10AM-12PM	
9	6:00 PM		Rapids	Fire				
	7:00 PM	United			United	Fire		
10	6:00 PM	Revolution	Dynamo	Dynamo	Revolution			Real
	7:00 PM	Wizards		Wizards		Real		12PM

U10 Practice Schedule

Field	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	6:00 PM	Wizards	Fire	Wizards	United	Fire	Rapids	
	7:00 PM	United	Revolution	Dynamo	Dynamo	Revolution	10AM	
12	6:00 PM	Crew		Crew				
	7:00 PM	Red Bulls			Rapids	Red Bulls		

U12 Practice Schedule

Field	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	6:00 PM	United	Fire		United	Fire	Revolution	
	7:00 PM	Crew		Revolution		Crew	9AM	

U14 Practice Schedule

Field	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	6:00 PM	Fire		Fire	Crew		Crew	
	7:00 PM	United		United				

Coaches should reserve Primary practice on Monday, Wednesday, Friday or Saturday.

Coaches may schedule Secondary practice on Tuesday, Thursday or Sunday, however, these practices will be cancelled once game season begins.

Saturday practices are available throughout the day.