



Regina West Zone Indoor Soccer

2024-2025 All Age Groups

Opening Practices on October 19th and October 20th at Centennial School



October 19, Saturday

October 20, Sunday

Time	Age Group	Teams
09:00-09:50 AM	3 & 4	Sharks & Dolphins
10:00-10:50 AM	3 & 4	Rays
11:00-11:50 AM	6U	Dragonflies & Hornets
12:00-12:50 PM	6U	Beetles & Grasshoppers
1:00-1:50 PM	6U	Fireflies & Spiders
2:00-2:50 PM	8U	Comets & Galaxy
3:00-3:50 PM	8U	Aliens & Stars

Time	Age Group	Teams
09:00-09:50 AM	8U	Mercury & Saturn
10:00-10:50 AM	8U	Rockets & Meteors
11:00-11:50 AM	10U	Heatwave & Hurricanes
12:00-12:50 PM	10U	Lightning & Thunder
1:00-1:50 PM	10U	Tornadoes & Volcanoes
2:00-2:50 PM	10U	Blizzard & Avalanche
3:00-3:50 PM	10U	Typhoons & Cyclones

**NOTE: These are team practices not games. Each team has one-half of the gym.
 After welcoming players and handing out jerseys coaches should talk to players and parents about the season.
 After a warm-up players may work on drills such as ball handling, shooting, passing, etc.
 If coaches agree they may set up a short scrimmage with the other team. Coaches will act as game officials.**