



TONKA UNITED U15-U19 SEASON PLAN (GIRLS & BOYS) 2019-2020 Season Plan



Academy and Premier teams

Fall = High School

- 2005 age 8th Graders can play/train with U14's

Winter Training (November - March)

- 2-3 Training sessions per week (one session includes strength/injury prevention session pre or post training)
- 1 out of town tournament - *potential flight (optional per team/level)*
- US Club/ TCSL/ NPL winter league, 6 games over winter/early spring
 - Older girls premier and TFE are in National Premier League

Spring/Summer (April - July)

- 2-3 Training sessions per week (dependent on games)
- MYSA League One*: Premier I, Premier II or First Division
 - 10-14 league games
- One Regional out of town tournament
- MN State Cup or Presidents Cup (May-June)
- Tonka Splash Weekend- *Optional (Early June)*

Select Team- White

Fall = High School

- 2005 age 8th Graders can play/train with U14's

Winter Training (November - March)

- 1 Training session per week
- *FootHolde Camps (individual) - optional*

Spring/Summer (April - July)

- 2 Training sessions per week (dependent on games)
- MYSA Black and Blue League* or TCSL (Depending on competitive landscape)
- 10-14 league games
- Tonka Splash Weekend
- 2 other tournaments- team/coach dependent

Select Team- Red

Fall = High School

- 2005 age 8th Graders can play/train with U14's

Winter Training (November - March)

- No Winter Training
- *FootHolde Camps (individual) -optional*

Spring/Summer (April - July)

- 2 Training sessions per week (dependent on games)
- MYSA Black and Blue League* or TCSL (Depending on competitive landscape)
- 10-14 league games
- Tonka Splash Weekend
- 2 other tournaments- team/coach dependent

For all teams, MYSA State Tournament can be one of the events included (Presidents/State Cup + 2 others or Splash + 2 others), otherwise this would be an additional cost to the season plan presented

Optional items may include additional cost from Tonka United team fees
Footholde is an option for players looking for more training outside of team activities

*More info on MYSA League One, Black and Blue can be found here:

<https://www.mnyouthsoccer.org/2019-2020-leagues>