



Pine Forest High School Soccer Preseason Schedule

June 2024

NB: This is the first month of preseason workouts that will require players to participate in a four-day training week. This is paramount for physical, mental, and tactical conditioning necessary for demands of the upcoming season.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3 TRAINING 5:00-7:30PM	4 TRAINING 5:00-7:30 PM	5 TRAINING 5:00- 7:30 PM	6 TRAINING 5:00-7:30 PM	7 REST DAY	8	9
10 TRAINING 7:00-9:30 AM	11 TRAINING 7:00-9:30 AM	12 TRAINING 7:00-9:30 AM	13 TRAINING 7:00-9:30 AM	14 REST DAY	15	16
17 TRAINING 7:00-9:30 AM	18 TRAINING 7:00-9:30 AM	19 TRAINING 7:00-9:30 AM	20 TRAINING 7:00-9:30 AM	21 REST DAY	22	23
24 Training 7:00-9:30 AM	25 Training 7:00-9:30 AM	26 Training 7:00-9:30 AM	27 Training 7:00- 9: 30AM	28 REST DAY	29	30



Pine Forest High School Soccer Preseason Schedule

AUGUST 2024

NB: The structure of activities for this month is subjected to change, providing that at the time of compilation, the confirmation of some activities was still pending.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 TRAINING 7:00-9:30 AM	6 TRAINING 7:00-9:30 AM	7 TRAINING 7:00-9:30 AM	8 SCRIMMAGE HOLLY SPRINGS JV@ 5:00 PM VARSITY 6:30 PM	9 PICTURE/MEDIA DAY 2:30-4:30 PM JV PICTURE @2:30 PM	10 (For players who have made the final cut)	11
12 VERSUS PINECREST: BATTLE OF THE BELL: 6 PM	13 RECOVERY 5:00-7:00 PM	14 BATTLE OF THE BELL TOURNNEY: TBA	15 TRAINING 5:00-7:30 PM	16 REST DAY	17 BATTLE OF THE BELL TOURNNEY: TBA	18
19 JV and VARSITY SOCCER AT GRAY'S CREEK: 5/7 PM	20 VARSITY ONLY AT RED SPRINGS AT 7 PM	21 JV AND VARSITY VERSUS GRAY'S CREEK: 5/7 PM	22 RECOVERY 5: 00 -6: 30 PM	23 TRAINING 5: 00- 7:00 PM	24	25
26 VARSITY ONLY VERSUS DOUGLAS BYRD: 6 PM	27 TRAINING 4:30-6:00 PM	28 TRAINING 4:30-6:00 PM	29 VARSITY ONLY AT DOUGLAS BYRD: 6 PM	30 RECOVERY 4:30-6:00 PM	31 REST DAY	