Alaska ODP December 2026 Training Schedule

December 18–20, 2026

Training Locations and Facility Hours

Location	Date	Facility Hours
Big Dome	Friday, December 18	5:00–9:00 p.m.
Big Dome	Saturday, December 19	8:00 a.m.–9:00 p.m.
Fox	Friday, December 18	5:00–9:00 p.m.
Fox	Saturday, December 19	9:00 a.m.–4:00 p.m.
Fox	Sunday, December 20	9:00 a.m.–5:00 p.m.

Important Training Information

Warm-up: Players should begin warming up off the field 15 minutes before their scheduled on-field training time.

Post-training: Players will have 15 minutes after their scheduled field time for fitness, tactical discussion, and cool-down.

Goalkeeper training: Goalkeeper training will take place 15 minutes before and 15 minutes after each scheduled field time.

The times listed below are the coaches' scheduled on-field training times.

Parents should plan for players to be at the facility for an additional 15 minutes before and 15 minutes after the listed training time.

Friday, December 18

Big Dome — Half Field per Team

Training Time	Team	Coach
5:00–6:00 p.m.	2013 Girls	Jeremy
5:00–6:00 p.m.	2014 Boys	Chris Mackay
6:00–7:00 p.m.	2012 Girls	Claire
6:00–7:00 p.m.	2011 Girls	Jamie
7:00–8:00 p.m.	2013 Boys	Mike
7:00–8:00 p.m.	2012 Boys	Matt Froehle
8:00–9:00 p.m.	2011 Boys	Laef Eggan
8:00–9:00 p.m.	2010 Boys	Justin/Scott

Fox — Full Field

Training Time	Team	Coach
5:00–6:20 p.m.	2014 Girls	Barat
6:20–7:40 p.m.	2015 Girls	Carly/Cat
7:40–9:00 p.m.	2015 Boys	Scott/Tony

Saturday, December 19

Big Dome — Full Field

Training Time	Team	Coach
8:00–9:25 a.m.	2013 Girls	Jeremy
9:25–10:50 a.m.	2014 Girls	Barat
10:50 a.m.–12:15 p.m.	2014 Boys	Chris Mackay
12:15–1:40 p.m.	2012 Girls	Claire
1:40–3:05 p.m.	2011 Girls	Jamie
3:05–4:30 p.m.	2013 Boys	Mike
4:30–5:55 p.m.	2012 Boys	Matt Froehle
5:55–7:20 p.m.	2011 Boys	Laef Eggan
7:20–9:00 p.m.	2010 Boys	Justin/Scott

Fox — Half Field per Team

Training Time	Team	Coach
9:00–10:00 a.m.	2013 Boys	Mike
9:00–10:00 a.m.	2012 Girls	Claire
10:00–11:00 a.m.	2011 Girls	Jamie
11:00 a.m.–12:00 p.m.	2015 Boys	Scott/Tony
12:00–1:00 p.m.	2011 Boys	Laef Eggan
12:00–1:00 p.m.	2010 Boys	Justin/Scott
1:00–2:00 p.m.	2013 Girls	Jeremy
1:00–2:00 p.m.	2014 Girls	Barat
2:00–3:00 p.m.	2012 Boys	Matt
2:00–3:00 p.m.	2014 Boys	Chris
3:00–4:00 p.m.	2015 Girls	Carly/Cat
4:00–5:00 p.m.	2015 Boys	Scott/Tony

Sunday, December 20

Fox — Half Field per Team

Training Time	Team	Coach
9:00–10:15 a.m.	2015 Boys	Scott/Tony
9:00–10:15 a.m.	2015 Girls	Carly/Cat
10:15–11:30 a.m.	2014 Boys	Chris Mackay
10:15–11:30 a.m.	2013 Boys	Mike Montgomery
11:30 a.m.–12:45 p.m.	2012 Boys	Matt Froehle
11:30 a.m.–12:45 p.m.	2011 Boys	Laef Eggan
12:45–2:00 p.m.	2014 Girls	Barat
12:45–2:00 p.m.	2013 Girls	Jeremy
2:00–3:30 p.m.	2012 Girls	Claire
2:00–3:30 p.m.	2011 Girls	Jamie
3:30–5:00 p.m.	2010 Boys	Justin/Scott

Thank you for helping make the December ODP training weekend organized and productive for all our players and coaches!