

Under 3 Program

2022




Session Plan Template

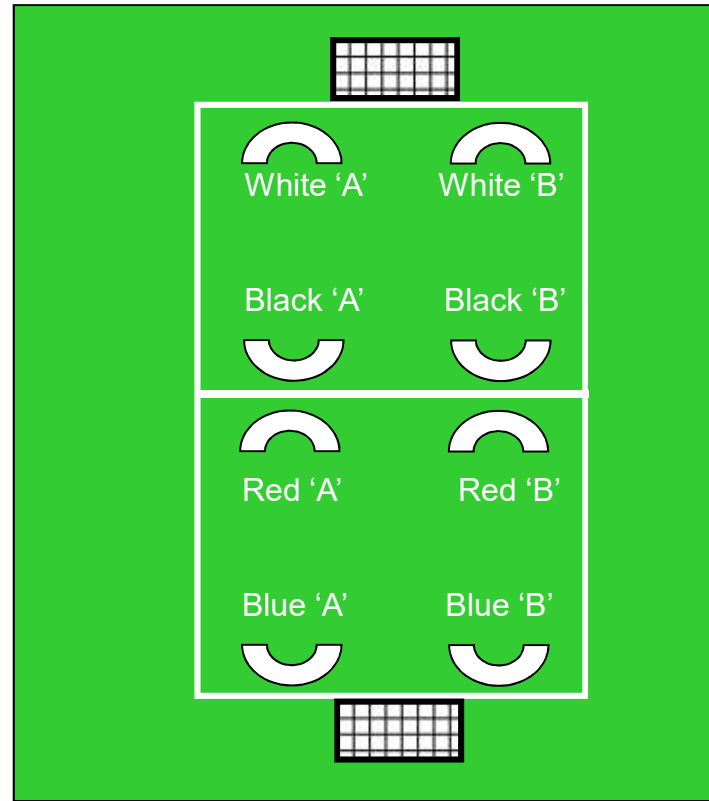


- See the coaching manual for each weeks drills
- However the generic template is
 - 6:00pm Warm up
 - 6:10pm Drills
 - 6:40pm Game, 6 v 6



6 -v- 6 game

- In this game the PUG goals  are used
- Mark the boundary of the field with pylons
- A coach splits his or her team into 2 teams
- Each split team plays against another team on the field
- No goalkeepers
- Schedule game for the last 20 minutes of the session



Schedule



• Tuesday

- All games on May 24th are inter squad with pinneys
- After this games are always
 - Brookshire Park
 - Red v Royal Blue
 - Insmill Park
 - Jade v Kiwi
 - Roland Michener
 - Blue v Silver

• Wednesday

- All games on May 25th are inter squad with pinneys
- After this games are always
 - Klondike Park
 - Maroon v Orange
 - Insmill Park
 - Gold v Red
 - Roland Michener
 - Forest Green v Purple

