

Under 4 & 5 Program

2022




Session Plan Template

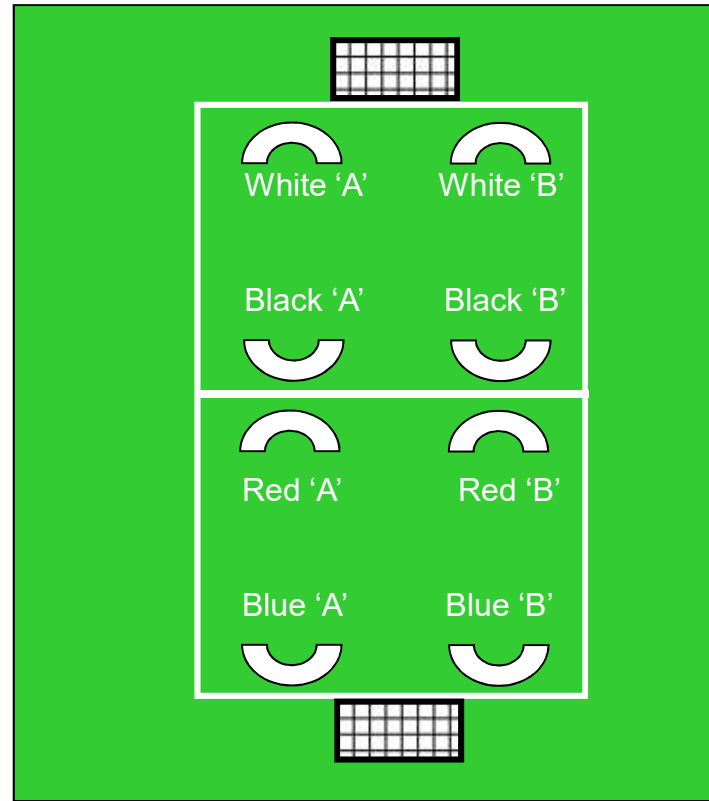


- See the coaching manual for each weeks drills
- However the generic template is
 - 6:00pm Warm up
 - 6:10pm Drills
 - 6:40pm Game, 6 v 6



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

Games at Brookshire Park, Navy v Cali Blue (only 2 teams)

Games at Klondike Park, Maroon v Jade (only 2 teams)

| Insmill Park | | |
|--------------|---------------------|---------------------|
| Date | Game 1 | Game 2 |
| May 31st | Navy v Royal Blue | Orange v Forest |
| June 7th | Royal Blue v Orange | Forest v Navy |
| June 14th | Navy v Orange | Royal Blue v Forest |
| June 21st | Navy v Royal Blue | Orange v Forest |
| June 28th | Royal Blue v Orange | Forest v Navy |
| July 5th | Navy v Orange | Royal Blue v Forest |
| July 12th | Navy v Royal Blue | Orange v Forest |
| July 19th | Royal Blue v Orange | Forest v Navy |
| July 26th | Navy v Orange | Royal Blue v Forest |

| Roland Michener | | |
|-----------------|----------------------|--------------------|
| Date | Game 1 | Game 2 |
| May 31st | Kelly Green v Purple | Red v Gold |
| June 7th | Purple v Red | Gold v Kelly Green |
| June 14th | Kelly Green v Red | Purple v Gold |
| June 21st | Kelly Green v Purple | Red v Gold |
| June 28th | Purple v Red | Gold v Kelly Green |
| July 5th | Kelly Green v Red | Purple v Gold |
| July 12th | Kelly Green v Purple | Red v Gold |
| July 19th | Purple v Red | Gold v Kelly Green |
| July 26th | Kelly Green v Red | Purple v Gold |



Schedule Wednesday

All games on May 25th are inter squad with pinneys

| Insmill Park | | |
|--------------|---------------------|---------------------|
| Date | Game 1 | Game 2 |
| June 1st | Navy v Royal Blue | Orange v Forest |
| June 8th | Royal Blue v Orange | Forest v Navy |
| June 15th | Navy v Orange | Royal Blue v Forest |
| June 22nd | Navy v Royal Blue | Orange v Forest |
| June 29th | Royal Blue v Orange | Forest v Navy |
| July 6th | Navy v Orange | Royal Blue v Forest |
| July 13th | Navy v Royal Blue | Orange v Forest |
| July 20th | Royal Blue v Orange | Forest v Navy |
| July 27th | Navy v Orange | Royal Blue v Forest |

| Roland Michener | | |
|-----------------|---------------|---------------|
| Date | Game 1 | Game 2 |
| June 1st | Maroon v Jade | Red v Gold |
| June 8th | Jade v Red | Gold v Maroon |
| June 15th | Maroon v Red | Jade v Gold |
| June 22nd | Maroon v Jade | Red v Gold |
| June 29th | Jade v Red | Gold v Maroon |
| July 6th | Maroon v Red | Jade v Gold |
| July 13th | Maroon v Jade | Red v Gold |
| July 20th | Jade v Red | Gold v Maroon |
| July 27th | Maroon v Red | Jade v Gold |

| Klondike Park | | |
|---------------|--------------------|-----------|
| Date | Game 1 | Game 2 |
| June 1st | Purple v Silver | Cali Blue |
| June 8th | Silver v Cali Blue | Purple |
| June 15th | Cali Blue v Purple | Silver |
| June 22nd | Purple v Silver | Cali Blue |
| June 29th | Silver v Cali Blue | Purple |
| July 6th | Cali Blue v Purple | Silver |
| July 13th | Purple v Silver | Cali Blue |
| July 20th | Silver v Cali Blue | Purple |
| July 27th | Cali Blue v Purple | Silver |

Game 2 at Klondike Park is an inter squad game with pinneys

