

# Under 4 & 5 Program

2024




# Session Plan Template

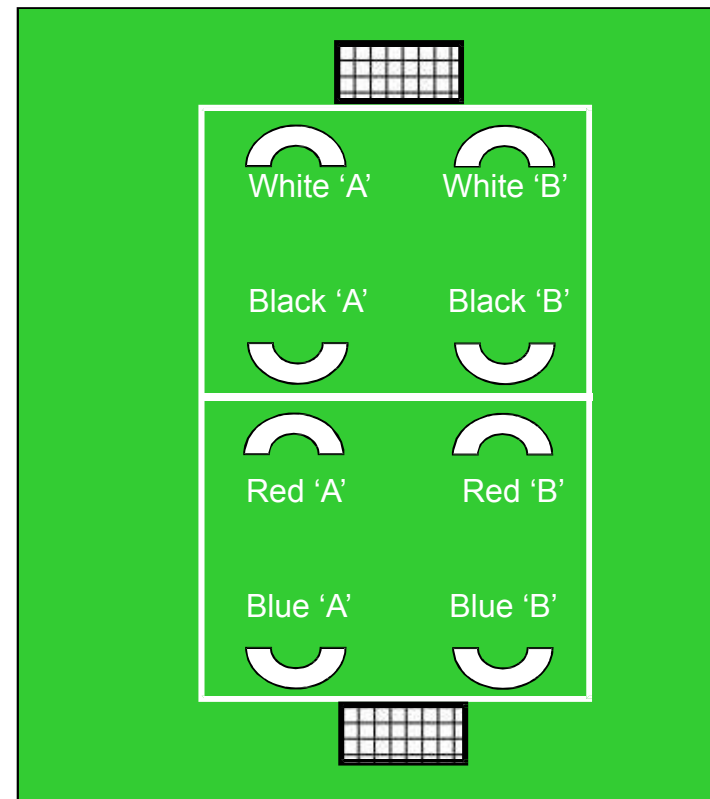


- See the coaching manual for each weeks drills
- However the generic template is
  - 6:00pm Warm up
  - 6:10pm Drills
  - 6:40pm Game, 6 v 6

# 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 21st are inter squad with pinneys  
 Games at **Insmill Park**, always Silver v Forest green (only 2 teams)

	<b>Klondike</b>		<b>Roland Michener</b>	
<b>Date</b>	<b>Game 1</b>	<b>Game 2</b>	<b>Game 1</b>	<b>Game 2</b>
May 28	Cali Blue v Red	Intersquad game - Forest	Gold v Red	Intersquad game - Kelly Green
June 4	Cali Blue v Forest Green	Intersquad game - Red	Gold v Kelly Green	Intersquad game - Red
June 11	Red v Forest Green	Intersquad game - Cali Blue	Red v Kelly Green	Intersquad game - Gold
June 18	Cali Blue v Red	Intersquad game - Forest	Gold v Red	Intersquad game - Kelly Green
June 25	Cali Blue v Forest Green	Intersquad game - Red	Gold v Kelly Green	Intersquad game - Red
July 2	Red v Forest Green	Intersquad game - Cali Blue	Red v Kelly Green	Intersquad game - Gold
July 9	Cali Blue v Red	Intersquad game - Forest	Gold v Red	Intersquad game - Kelly Green
July 16	Cali Blue v Forest Green	Intersquad game - Red	Gold v Kelly Green	Intersquad game - Red
July 23	Red v Forest Green	Intersquad game - Cali Blue	Red v Kelly Green	Intersquad game - Gold

# Schedule Wednesday



All games on May 22nd are inter squad with pinneys  
 Games at **Klondike Park**, Red v Royal Blue (only 2 teams)

	Roland Michener		Insmill	
Date	Game 1	Game 2	Game 1	Game 2
May 29	Cali Blue v Orange	Intersquad game - Forest	Royal Blue v Red	Intersquad game - Forest
June 5	Cali Blue v Forest Green	Intersquad game - Orange	Royal Blue v Forest Green	Intersquad game - Red
June 12	Orange v Forest Green	Intersquad game - Cali Blue	Red v Forest Green	Intersquad game - Royal Blue
June 19	Cali Blue v Orange	Intersquad game - Forest	Royal Blue v Red	Intersquad game - Forest
June 26	Cali Blue v Forest Green	Intersquad game - Orange	Royal Blue v Forest Green	Intersquad game - Red
July 3	Orange v Forest Green	Intersquad game - Cali Blue	Red v Forest Green	Intersquad game - Royal Blue
July 10	Cali Blue v Orange	Intersquad game - Forest	Royal Blue v Red	Intersquad game - Forest
July 17	Cali Blue v Forest Green	Intersquad game - Orange	Royal Blue v Forest Green	Intersquad game - Red
July 24	Orange v Forest Green	Intersquad game - Cali Blue	Red v Forest Green	Intersquad game - Royal Blue

