

**Under 6 & 7 Program  
Mondays & Thursdays**

**2024**




# Session Plan Template

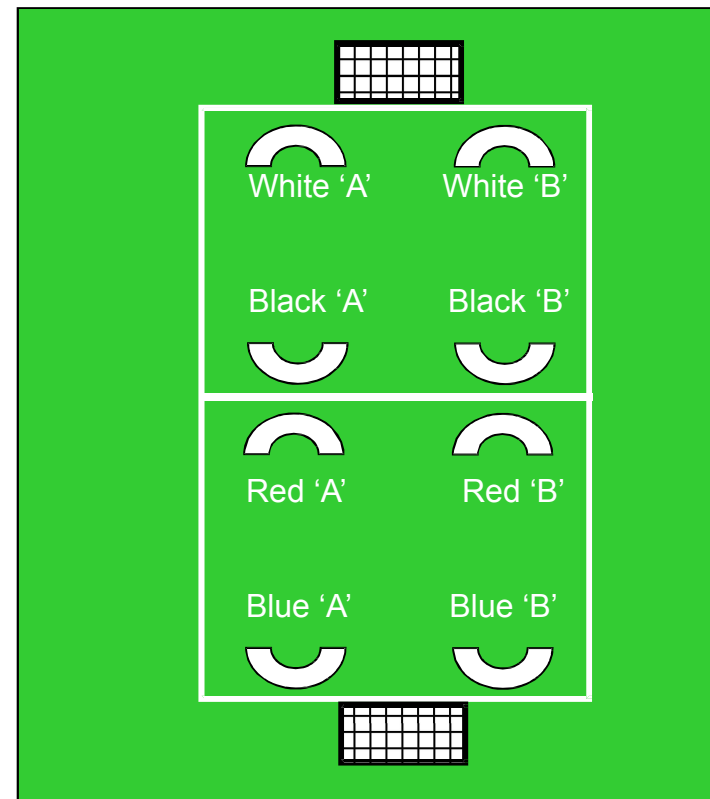


- See the coaching manual for each weeks drills
- However the generic template is
  - 6:00pm Warm up
  - 6:10pm Drills
  - 6:40pm Game, 6 v 6

# 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 - Mondays



All games on May 20th are inter squad with pinneys

	Insmill		Klondike	
Date	Game 1	Game 2	Game 1	Game 2
May 27	Royal Blue v Silver	Intersquad game - Orange	Cali Blue v Purple	Intersquad game - Kelly Green
June 3	Royal Blue v Orange	Intersquad game - Silver	Cali Blue v Kelly Green	Intersquad game - Purple
June 10	Orange v Silver	Intersquad game - Royal Blue	Purple v Kelly Green	Intersquad game - Cali Blue
June 17	Royal Blue v Silver	Intersquad game - Orange	Cali Blue v Purple	Intersquad game - Kelly Green
June 24	Royal Blue v Orange	Intersquad game - Silver	Cali Blue v Kelly Green	Intersquad game - Purple
July 8	Orange v Silver	Intersquad game - Royal Blue	Purple v Kelly Green	Intersquad game - Cali Blue
July 15	Royal Blue v Silver	Intersquad game - Orange	Cali Blue v Purple	Intersquad game - Kelly Green
July 22	Royal Blue v Orange	Intersquad game - Silver	Cali Blue v Kelly Green	Intersquad game - Purple
July 29	Orange v Silver	Intersquad game - Royal Blue	Purple v Kelly Green	Intersquad game - Cali Blue

# Schedule - Thursdays



All games on May 23rd are inter squad with pinneys

	Insmill		Klondike	
Date	Game 1	Game 2	Game 1	Game 2
May 30	Maroon v Silver	Royal Blue v Orange	Cali Blue v Kiwi	Intersquad game - Purple
June 6	Silver v Orange	Maroon v Royal Blue	Kiwi v Purple	Intersquad game - Cali Blue
June 13	Orange v Maroon	Royal Blue v Silver	Cali Blue v Purple	Intersquad game - Kiwi
June 20	Maroon v Silver	Royal Blue v Orange	Cali Blue v Kiwi	Intersquad game - Purple
June 27	Silver v Orange	Maroon v Royal Blue	Kiwi v Purple	Intersquad game - Cali Blue
July 4	Orange v Maroon	Royal Blue v Silver	Cali Blue v Purple	Intersquad game - Kiwi
July 11	Maroon v Silver	Royal Blue v Orange	Cali Blue v Kiwi	Intersquad game - Purple
July 18	Silver v Orange	Maroon v Royal Blue	Kiwi v Purple	Intersquad game - Cali Blue
July 25	Orange v Maroon	Royal Blue v Silver	Cali Blue v Purple	Intersquad game - Kiwi

