

Session Plan Template



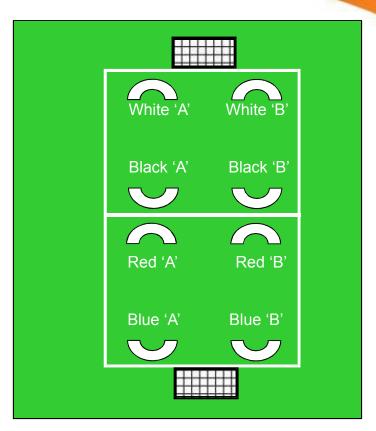
- See the coaching manual for each weeks drills
- However the generic template is
 - 6:00pm Warm up
 - 6:10pm Drills
 - 6:40pm Game, 6 v 6

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 - Part 1



Tuesday

- All games on May 21st are inter squad with pinneys
- After this games are always Roland Michener:
 - Cali Blue v Cali Blue

Insmill Park:

Maroon v Kelly Green

Klondike:

Orange v Kiwi

Wednesday

- All games on May 22nd are inter squad with pinneys
- After this games are always Roland Michener:
 - NEXT PAGE (3 teams)

Insmill Park:

NEXT PAGE (3 teams)

Klondike:

Navy v Gold

Schedule - Part 2 (Wednesday)



All games on May 21st are inter squad with pinneys

	Insmill		Roland Michener	
Date	Game 1	Game 2	Game 1	Game 2
May 28	Jade v Orange	Intersquad game - Purple	Silver v Red	Intersquad game - White
June 4	Orange v Purple	Intersquad game - Jade	Silver v White	Intersquad game - Red
June 11	Jade v Purple	Intersquad game - Orange	Red v White	Intersquad game - Silver
June 18	Jade v Orange	Intersquad game - Purple	Silver v Red	Intersquad game - White
June 25	Orange v Purple	Intersquad game - Jade	Silver v White	Intersquad game - Red
July 2	Jade v Purple	Intersquad game - Orange	Red v White	Intersquad game - Silver
July 9	Jade v Orange	Intersquad game - Purple	Silver v Red	Intersquad game - White
July 16	Orange v Purple	Intersquad game - Jade	Silver v White	Intersquad game - Red
July 23	Jade v Purple	Intersquad game - Orange	Red v White	Intersquad game - Silver

