

Under 4 & 5 Program

2026




Session Plan Template

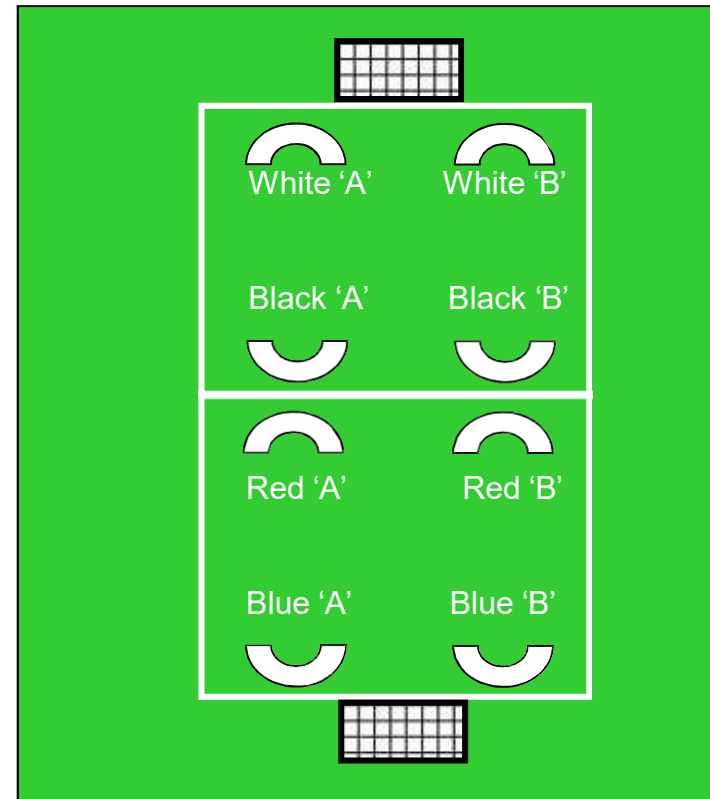


- See the coaching manual for each weeks drills
- However, the generic template is
 - 6:00pm Warm up
 - 6:10pm Drills
 - 6:40pm Game, 6 v 6

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 26th are inter squad with pinneys

Roland Michener		Klondike		
Date	Game 1	Game 2	Game 1	Game 2
June 2nd	Maroon vs Bold Blue	Power Red vs Yellow	Dark Blue vs Dark Green	Light Blue - Intersquad Game
June 9th	Yellow vs Maroon	Bold Blue vs Power Red	Light Blue vs Dark Blue	Dark Green - Intersquad Game
June 16th	Power Red vs Maroon	Yellow vs Bold Blue	Dark Green vs Light Blue	Dark Blue - Intersquad Game
June 23rd	Yellow vs Power Red	Bold Blue vs Maroon	Dark Green vs Dark Blue	Light Blue - Intersquad Game
June 30th	Power Red vs Bold Blue	Maroon vs Yellow	Dark Blue vs Light Blue	Dark Green - Intersquad Game
July 7th	Maroon vs Power Red	Bold Blue vs Yellow	Light Blue vs Dark Green	Dark Blue - Intersquad Game
July 14th	Maroon vs Bold Blue	Power Red vs Yellow	Dark Blue vs Dark Green	Light Blue - Intersquad Game
July 21st	Yellow vs Maroon	Bold Blue vs Power Red	Light Blue vs Dark Blue	Dark Green - Intersquad Game
July 28th	Power Red vs Maroon	Yellow vs Bold Blue	Dark Green vs Light Blue	Dark Blue - Intersquad Game

Schedule Wednesday



All games on May 20th are inter squad with pinneys

Roland Michener			Klondike	
Date	Game 1	Game 2	Game 1	
May 27th	Bold Green vs Light Blue	Orange vs Light Grey	Power Red vs Marron	
June 3rd	Light Grey vs Light Blue	Orange vs Bold Green	Maroon vs Power Red	
June 10th	Bold Green vs Light Blue	Light Grey vs Orange	Power Red vs Marron	
June 17th	Light Grey vs Bold Green	Orange vs Light Blue	Maroon vs Power Red	
June 24th	Bold Green vs Orange	Light Blue vs Light Grey	Power Red vs Marron	
July 8th	Light Blue vs Bold Green	Orange vs Light Grey	Maroon vs Power Red	
July 15th	Light Blue vs Orange	Bold Green vs Light Grey	Power Red vs Marron	
July 22nd	Light Grey vs Light Blue	Orange vs Bold Green	Maroon vs Power Red	
July 29th	Bold Green vs Light Blue	Light Grey vs Orange	Power Red vs Marron	

