

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

**2026**






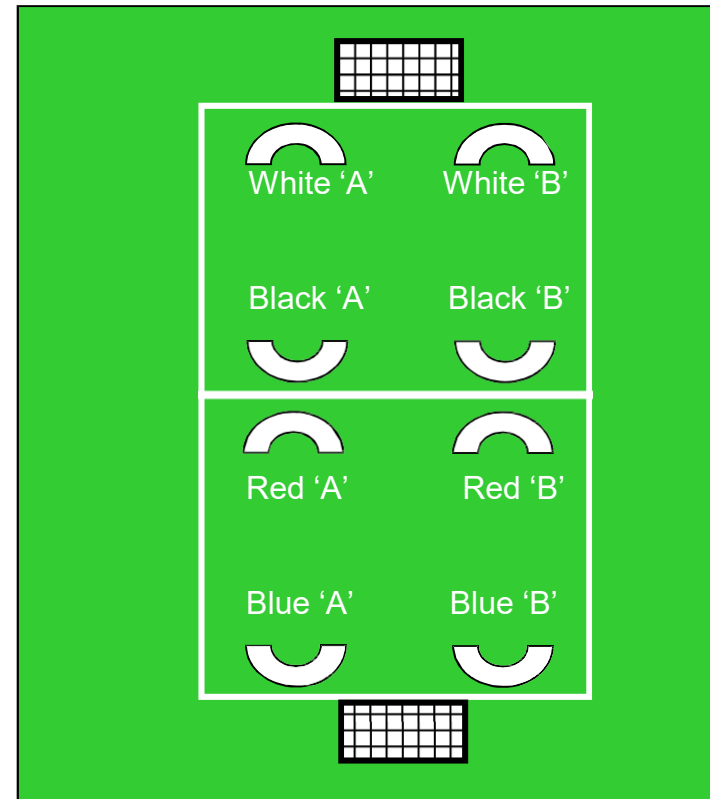
# Session Plan Template

- See the coaching manual for each week's 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



Roland Michener				Klondike			
Date	Game 1		Game 2		Game 1		
June 1st	Purple	vs	Orange	Yellow - Inter squad scrimmage	Bold Green	vs	Purple
June 8th	Orange	vs	Yellow	Purple - Inter squad scrimmage	Purple	vs	Bold Green
June 15th	Yellow	vs	Purple	Orange - Inter squad scrimmage	Bold Green	vs	Purple
June 22nd	Orange	vs	Purple	Yellow - Inter squad scrimmage	Purple	vs	Bold Green
June 29th	Yellow	vs	Orange	Purple - Inter squad scrimmage	Bold Green	vs	Purple
July 6th	Purple	vs	Yellow	Orange - Inter squad scrimmage	Purple	vs	Bold Green
July 13th	Purple	vs	Orange	Yellow - Inter squad scrimmage	Bold Green	vs	Purple
July 20th	Orange	vs	Yellow	Purple - Inter squad scrimmage	Purple	vs	Bold Green
July 27th	Yellow	vs	Purple	Orange - Inter squad scrimmage	Bold Green	vs	Purple

# Schedule - Thursdays



Roland Michener

Klondike

Date		Game 1		Game 2		Game 1	
June 24th	Dark Green	vs	Orange	Bold Green - Inter squad scrimmage	Bold Green	vs	Yellow
June 11th	Orange	vs	Bold Green	Dark Green - Inter squad scrimmage	Yellow	vs	Bold Green
June 18th	Bold Green	vs	Dark Green	Orange - Inter squad scrimmage	Bold Green	vs	Yellow
June 25th	Orange	vs	Dark Green	Bold Green - Inter squad scrimmage	Yellow	vs	Bold Green
July 2nd	Bold Green	vs	Orange	Dark Green - Inter squad scrimmage	Bold Green	vs	Yellow
July 9th	Dark Green	vs	Bold Green	Orange - Inter squad scrimmage	Yellow	vs	Bold Green
July 16th	Dark Green	vs	Orange	Bold Green - Inter squad scrimmage	Bold Green	vs	Yellow
July 23rd	Orange	vs	Bold Green	Dark Green - Inter squad scrimmage	Yellow	vs	Bold Green
July 30th	Bold Green	vs	Dark Green	Orange - Inter squad scrimmage	Bold Green	vs	Yellow

