

**Under 3 Program  
Tuesdays & Wednesdays**

**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

