



Minnesota Rush

Recreational Season Plan

U6-U8

WEEK	SESSION 1	SESSION 2
1	<u>Recreational U6-U8 Week 1: Ball Mastery Skills and Turns</u>	<u>Micro Division (PPP) - Attacking, Progress: Dribbling Through Multiple 1v1's</u>
2	<u>Recreational U6-U8 Week 2: Dribbling</u>	<u>Micro Division: (PPP) Attacking - Progress - Dribble Through A Gates Game</u>
3	<u>Recreational U6-U8 Week 3: Turning</u>	<u>Micro Division: (PPP) Attacking - Progress: Dribbling Through A 'Get Outta There' Game</u>
4	<u>Recreational U6-U8 Week 4: Controlling and Receiving</u>	<u>Micro Division: (PPP) Attacking - Progress - Receiving Passes To Score Goals</u>
5	<u>Recreational U6-U8 Week 5: Passing</u>	<u>Micro Division (PPP) Attacking - Finish: Shooting To Score</u>
6	<u>Recreational U6-U8 Week 6: Attacking 1v1</u>	<u>Micro Division: (PPP) Attacking: Progress - Dribbling, Avoiding, & Shielding Through A Knockout Game</u>
7	<u>Recreational U6-U8 Week 7: Finish</u>	<u>Micro Division: (PPP) Attacking - Progress: Dribbling Through A Sharks & Minnows Game</u>
8	<u>Recreational U6-U8 Week 8: World Cup</u>	<u>Recreational U6-U8 Week 8: World Cup</u>