



# Minnesota Rush

## Recreational Season Plan

### U9-U10

WEEK	SESSION 1	SESSION 2
1	<u>Recreational U9-U10 Week 1: Ball Mastery</u>	<u>Return To Play: Dribbling and Ball Mastery</u>
2	<u>Recreational U9-U10 Week 2: Dribbling</u>	<u>Bantam Division (SSA-ESA): Attacking - Progress: Dribbling Numbers Up</u>
3	<u>Recreational U9-U10 Week 3: Turning</u>	<u>Bantam Division (PPP) Attacking - Progress: Passing (Wall Pass)</u>
4	<u>Recreational U9-U10 Week 4: Controlling and Receiving</u>	<u>Bantam Division (PPP): Defending, Deny - Games To Block Shots</u>
5	<u>Recreational U9-U10 Week 5: Passing</u>	<u>Bantam Division (PPP) Attacking - Progress: Dribbling (Shielding)</u>
6	<u>Recreational U9-U10 Week 6: Attacking 1v1</u>	<u>Bantam Division (Global) Attacking - Progress: Receiving To Turn</u>
7	<u>Recreational U9-U10 Week 7: Finishing</u>	<u>Bantam Division (Global): Attacking, Finishing in different numbers (1v0, 1v1, 2v1)</u>
8	<u>Recreational U9-U10 Week 8: World Cup Week</u>	<u>Recreational U9-U10 Week 8: World Cup Week</u>