



Minnesota Rush

Recreational Season Plan

U11-U12

WEEK	SESSION 1	SESSION 2
1	<u>Recreational U11-U12 Week 1: Ball Mastery</u>	<u>Dribbling, Ball Mastery And Turning</u>
2	<u>Recreational U11-U12 Week 2: Dribbling</u>	<u>Bantam Division (PPP): Defending, Deny - Games To Block Shots</u>
3	<u>Recreational U11-U12 Week 3: Turning</u>	<u>Bantam Division (Global) Attacking - Progress: Receiving To Turn</u>
4	<u>Recreational U11-U12 Week 4: Receiving and Control</u>	<u>Return To Play: Dribbling and Ball Mastery</u>
5	<u>Recreational U11-U12 Week 5: Passing</u>	<u>Possession</u>
6	<u>Recreational U11-U12 Week 6: Attacking 1v1</u>	<u>Youth Division: (Global) Defending - 2v1 & 2v2 Pressure & Cover</u>
7	<u>Recreational U11-U12 Week 7: Finishing</u>	<u>Crossing and Finishing</u>
8	<u>Recreational U11-U12 Week 8: World Cup</u>	<u>Recreational U11-U12 Week 8: World Cup</u>