



Minnesota Rush

Recreational Season Plan

U13-U14

| WEEK | SESSION 1 | SESSION 2 |
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| 1 | <u>Recreational U13-U14 Week 1: Ball Mastery</u> | <u>Youth division: (A2G) Attacking - Oriented Control & Receiving Side On</u> |
| 2 | <u>Recreational U13-U14 Week 2: Dribbling</u> | <u>Bantam Division (Global) Attacking - Progress: Receiving To Turn</u> |
| 3 | <u>Recreational U13-U14 Week 3: Turning</u> | <u>Bantam Division (PPP): Defending, Deny - Games To Block Shots</u> |
| 4 | <u>Recreational U13-U14 Week 4: Receiving and Control</u> | <u>Junior Division: (Global) Attacking - Midfielders Shape To Receive & Play Forward</u> |
| 5 | <u>Recreational U13-U14 Week 5: Passing and Possession</u> | <u>Youth Division: (A2G) Attacking - Playing Through Or Around The Opponent's Lines</u> |
| 6 | <u>Recreational U13-U14 Week 6: Attacking 1v1</u> | <u>Return To Play: Dribbling and Ball Mastery</u> |
| 7 | <u>Recreational U13-U14 Week 7: Finishing</u> | <u>Bantam Division (Global): Attacking, Finishing in different numbers (1v0, 1v1, 2v1)</u> |
| 8 | <u>Recreational U13-U14 Week 8: World Cup</u> | <u>Recreational U13-U14 Week 8: World Cup</u> |