



Minnesota Rush

Recreational Season Plan

U3-U5

WEEK	SESSION 1	SESSION 2
1	<u>Recreational U3 - U5: Traffic Lights</u>	<u>Micro Division (PPP) - Attacking, Progress: Dribbling Through Multiple 1v1's</u>
2	<u>Recreational U3-U5: Capture The Treasure</u>	<u>Micro Division: (PPP) Attacking - Progress - Dribble Through A Gates Game</u>
3	<u>Recreational U3-U5: Hotspots</u>	<u>Micro Division: (PPP) Attacking - Progress: Dribbling Through A 'Get Outta There' Game</u>
4	<u>Recreational U3-U5: Capture The Flag</u>	<u>Micro Division: (PPP) Attacking - Progress - Receiving Passes To Score Goals</u>
5	<u>Recreational U3-U5: Finishing</u>	<u>Micro Division (PPP) Attacking - Finish: Shooting To Score</u>
6	<u>Recreational U3-U5: Jungle Run</u>	<u>Micro Division: (PPP) Attacking: Progress - Dribbling, Avoiding, & Shielding Through A Knockout Game</u>
7	<u>Recreational U3-U5: The Colors Game</u>	<u>Micro Division: (PPP) Attacking - Progress: Dribbling Through A Sharks & Minnows Game</u>
8	<u>Recreational U3-U5: Relay Race</u>	<u>Micro Division: Dribbling: 1v1 and 2v2 Small Sided Game</u>