



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>



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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>



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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>



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>



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Recreational Season Plan

U13-U14

WEEK	SESSION 1	SESSION 2
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>