



Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Aug 25	1	Go Forward	Running, Evasion	Identify Direction and Color	Cat and Mouse	Go Forward Touch
				Identify Direction and Color (Progression 2)	<u>Mirror</u>	Festival Game
				Stuck in the mud	<u>Z Run</u>	
Sept 1	2	Go Forward	Running, Evasion,	Lion Walk Identify Direction and Color (Progression 1)	Catch & Pass Dri 01 - Pop Pass	ll Quick Pass Touch
		Support	Passing	Identify Direction and Color (Progression 3)	Catch and Pass Drill 02 - Short Pass	Festival Game
				Cups and Saucers Bear Crawl	<u>Z Run</u>	
Sept 8	3	Go Forward	Running, Evasion,	Identify Direction and Color (Progression 3)	T Shape Racing	Quick pass touch
		Support	Supporting, Passing	Basic Turning Coordination	Z Run 1v1 Touch and Pass	Festival Game
				Stuck in the mud	<u>Drill</u>	
				<u>Orangutan</u>		
Sept 15	4	Go Forward	Running, Evasion,	Basic Turning Coordination	Passing Gate	Go Forward Touch
		Support	Supporting, Passing	Basic Turning Coordination (Progression)	Passing Gate Progression	Quick pass touch
				<u>Lion Walk</u>	Touch and Pass Drill	Festival Game
				Kicking Drill 01 - Single Leg Bala	<u>nce</u>	







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Sept 22	5	Go Forward	Tackling,	Identify Direction and Color (Progression 1)	Linear Attack 1v	1 Onside Touch
		Support	Running backwards	<u>Deliverer</u>	T Shape Mirror	Festival Game
		Continuity		Frog Jump Cat and Mouse	T Shape Racing	
Sept 29	6	Go Forward	Running, Evasion,	Basic Turning Coordination	T Shape Mirror	Go Forward Touch
		Support	Tackling, Retreating	Basic Turning Coordination (Progression)	T Shape Racing	Onside Touch
		Continuity		Bear Crawl	<u>Z Run 1v1</u>	Festival Game
				Kicking Drill 02 - Kick Swing		
Oct 6			Running, Evasion, Tackling,	Identify Direction and Color (Progression 2)	Diamond 1v1	Go Forward Touch
			Retreating	Basic Turning Coordination	T Shape Racing	Onside Touch
		Pressure		Orangutan Cups and Saucers	<u>Z Run 1v1</u>	Festival Game
Oct 13	8		Tackling, Retreating,	Identify Direction and Color (Progression 2)	T Shape Mirror	Onside Touch
			Maintain width.	Identify Direction and Color (Progression 3)	T Shape Racing	Festival Game
				Bear Crawl	<u>Z Run 1v1</u>	
		Pressure		Cat and Mouse		







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Oct 20	9	Go Forward	Tackling, Retreating	Identify Direction and Color	Y Shape Racing	Onside Touch
		Support		<u>Deliverer</u>	<u>Z Run 1v1</u>	Festival Game
		Continuity		<u>Lion Walk</u>	Diamond 1v1	
		Pressure		Kicking Drill 02 - Kick Swing		
Oct 27			$I \setminus V$	USRC Tigers Festival		
Nov 3	10	Go Forward	Running,	Identify Direction and Color		Go Forward
			Evasion,	(Progression 1)	<u>Z Run</u>	<u>Touch</u>
		Support	Pace ID Space	Identify Direction and Color (Progression 3)	<u>Z Run 1v1</u>	Turnover Touch
		Continuity	rass, ID Space	r (Frogression 5)	Touch and Pass	Turriover Touci
				Cups and Saucers	<u>Drill</u>	Festival Game
		Pressure		Bear Crawl		
Nov 10	11	Go Forward	Running, Evasion,	Basic Turning Coordination	Z Run	Go Forward Touch
		Support		Identify Direction and Color		Quick pass
			Pass, ID Space	(Progression 2)	<u>Z Run 1v1</u>	touch
		Continuity		Bear Crawl	Touch and Pass Drill	Festival Game
		Pressure				
				Kicking Drill 03 - Static Kick		







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Nov 17				Sandy Bay Festival		
Nov 24	12	Go Forward	Tackling, Retreating,	Identify Direction and Color (Progression 1)	<u>Cross Shape</u> <u>Mirror</u>	Onside Touch
		Support	Maintain width.	Identify Direction and Color (Progression 3)	<u>Diamond 1v1</u>	Festival Game
		Continuity		Cups and Saucers	<u>Defense Line</u> <u>Shape</u>	
		Pressure		Bear Crawl		
Dec 1				Flying Kukris Festival		
Dec 8	13	Go Forward	Running,		4 Corner Passin Drill (Progressio	<u>n</u>
			Evasion,	Basic Turning Coordination	<u>3)</u>	<u>Turnover Touch</u>
		Support	Pass, ID Space	Basic Turning Coordination (Progression)	Diamond 1v1	Festival Game
		Continuity		<u>Lion Walk</u>	Touch and Pass Drill	
		Pressure		Kicking Drill 03 - Static Kick		







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Dec 15	14	Go Forward	Tackling, Retreating,	Identify Direction and Color	V Chana Basing	Onsido Touch
		Support	Maintain width.	(Progression 2)	Y Shape Racing	Onside Touch Festival Game
		Continuity	wiath.	Basic Turning Coordination	<u>Diamond 1v1</u> <u>Defense Line</u>	restival Game
		Pressure		Orangutan Cups and Saucers	<u>Shape</u>	
Dec 22	15	Go Forward	Rupping	<u>caps and sudcers</u>	Cross Passing	Co Forward
			Running, Evasion,	Basic Turning Coordination	Drill (Progressior 1)	Touch
		Support			Cross Passing Drill (Progressior	Quick pass
			Pass, ID Space	<u>Deliverer</u>	2)	touch
		Continuity		Frog Jump	Passing in 3	Festival Game
<u> </u>		Pressure		Cat & Mouse (Progression 2)		1 1
Dec 29				Christmas Break		
an 5	16	Go Forward				
			Running, Evasion,	Identify Direction and Color (Progression 1)	Catch & Pass Dril	IGo Forward Touch
		Support		Identify Direction and Color	<u>Catch and Pass</u> <u>Drill 02 - Short</u>	Quick pass
			Passing	(Progression 2)	<u>Pass</u> <u>Touch and Pass</u>	touch
				Cups and Saucers	<u>Drill</u>	Festival Game
				Bear Crawl		















Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Feb 9	21	Go Forward	Tackling, Retreating,	Basic Turning Coordination	Diamond 1v1	Onside Touch
		Support	Maintain width.	Basic Turning Coordination (Progression)	Cross Shape Racing	Festival Game
		Continuity		Lion Walk	<u>Defense Line</u> <u>Shape</u>	
			<u>/ \</u>	Kicking Drill 03 - Static Kick		
Feb 16	22	Go Forward	Running, Evasion,	Identify Direction and Color (Progression 2)	<u>Z Run 1v1</u>	Go Forward Touch
		Support			Catch and Pass Drill 02 - Short	
		Continuity	Pass, ID Space	Basic Turning Coordination	Pass Touch and Pass	Onside Touch
				<u>Orangutan</u>	<u>Drill</u>	Festival Game
				Cups and Saucers		
eb 23				Valley Festival		
Mar 1	23	Go Forward	Running,	7		Go Forward
			Evasion,	Basic Turning Coordination	<u>Diamond 1v1</u>	<u>Touch</u>
		Support		200	<u>Cross Shape</u>	0 11 7
			Pass, ID Space	<u>Deliverer</u>	Racing Cross Shape	Onside Touch
		Continuity		Frog Jump	Mirror	Festival Game
		Pressure				
				Cat & Mouse (Progression 2)		







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Mar 8	24	Go Forward	Tackling,	Identify Direction and Color	\ \	//
			Retreating,	(Progression 1)	Cat and Mouse	Onside Touch
		Support	Maintain	Identify Direction and Color		Go Forward
			width.	(Progression 3)	Linear Attack 1v	1 Touch
		Continuity			<u>Defense Line</u>	
					<u>Shape</u>	
				<u>Cups and Saucers</u>	<u>Progression</u>	Festival Game
		Pressure		Bear Crawl		
) 4 4F				No. 10000 1 1 1 1		
Mar 15				HKFC Festival		
Mar 22	25	Go Forward				
viai ZZ	23	Go i di waru	Running,			Quick pass
			Evasion,	Basic Turning Coordination	Diamond 1v1	touch
		Command	Lvasion,	<u>Basic rarriing coordination</u>	Catch and Pass	<u>toucii</u>
		Support			Drill 02 - Short	
			Pass, ID Space	Deliverer	Pass	Onside Touch
		Continuity	. ass, 12 space		Touch and Pass	SHOULD TO GETT
		Continuity		Frog Jump	Drill	Festival Game
		Pressure		7 - 1111		
		riessule		Kicking Drill 03 - Static Kick		
Mar 29	26	Go Forward				
			Tackling,	<u>Identify Direction and Color</u>		
			Retreating,	(Progression 2)	<u>Diamond 1v1</u>	Onside Touch
		Support	Maintain	Body Control and Identify	Cross Shape	
			width.	Direction	Racing	Festival Game
		Continuity			Defense Line	
					<u>Shape</u>	
				Bear Crawl	<u>Progression</u>	
		Pressure				







SEASON PLANS (U7)

Date Session Number

Principle

Core Skills

Warm Up

Skill

Development

Games

Apr 5

Hong Kong Sevens







SEASON PLANS (U7)

Date

Session Number

Principle

Core Skills

Warm Up

Skill

Development

Games

