



**West - Mont USA Curriculum Guidelines for Intramural Programs**

	<b>Under 5</b>	<b>Under 7</b>	<b>Under 9</b>	<b>Under 11</b>	<b>Under 13 +</b>
<b>Week 1</b>	Ball Familiarity	Possession (Individual)	Possession (Individual)	Receiving Under Pressure	Possession (1 v 1)
<b>Week 2</b>	Dribbling (Close control)	Dribbling (Running with the ball)	Dribbling (Running with the ball)	Attacking (Breakways)	Defending
<b>Week 3</b>	Dribbling	Attacking (1 v 1)	Attacking (1 v 1)	Attacking (1 v 1)	Long Passing
<b>Week 4</b>	Dribbling	Possession (Small group)	Receiving (Ground)	Receiving (Air)	Shooting
<b>Week 5</b>	Passing (Inside of foot)	Receiving (Ground)	Receiving (Air)	Possession (Long passing)	Switching Play
<b>Week 6</b>	Shooting	Shooting	Possession (Long passing)	Shooting	Transition