



## U6 & U7 Initiation Program Game Day Overview

### Warm Up (15 minutes)

Please select a warm up activity that keeps all players involved and moving with a soccer ball. For example, ball mastery, 4 line follow your pass, follow the leader, musical balls etc.

### Game Overview (40 minutes)

The Coquitlam Metro-Ford Staff Coach will blow the whistle to signal game time.

Please quickly split your team into two mini-teams. For example, SPAIN Team 1 and SPAIN Team 2 (*please create two equally skilled teams*). The team you are playing will also do the same. For example, GREECE Team 1 and GREECE Team 2). On one field, SPAIN Team 1 will play GREECE Team 1 and on the other field, SPAIN Team 2 will play GREECE Team 2.

Teams will play a 15-18 minute game and we will have a short half time water break as signaled by the Coquitlam Metro-Ford Staff Coach. At the half-time break, teams can switch so that SPAIN Team 1 will play GREECE Team 2 and SPAIN Team 2 will play GREECE Team 1.

### Important Notes

- On Game Days, it is especially important that both the Head Coach and Assistant Coach (or parents willing to help out) are in attendance. Please have one coach help with game organization and one parent help with the subbing on each of the mini-teams.
- There will be several CMF Staff Coaches at the fields to supervise and assist with game management
- Teams should play a 4v4 game with subs (or 3v3 depending on numbers)
- If a team is short players, please mix teams to create an even number of players per team
- No throw-ins and no corner kicks
- Coaches, please keep extra balls on hand to keep the game moving and focus on quick restarts of play with players organized in their shape.
- On kick-ins, defending team should retreat to the half way line to allow for success on the first pass
- Subs should be rotated every 3-4 minutes
- At the end of each session, please dismiss players from your field to their parents
- On colder days, encourage players to dress in layers as we will have a session rain or shine
- The only times, Game Days will be cancelled will be due to extreme weather conditions. In the event, that a Game Day is cancelled, all parents will be emailed directly the CMFSC Initiation Head Coach or CMFSC Member Services.



## U7 Girls Winter 2024 Game Schedule – Town Centre North Field



Game Days will start Sunday, January 14th. For the first Game Day, teams will play an intersquad game (game with your own team) on one of the mini-fields as noted below. For example, on January 14th, Spain play on Field I, Iceland play on Field J and Panama play on Field K, Canada on Field M and Greece on Field N, Honduras on Field O, and Italy on Field P.

<b>January 14 &amp; 21</b>  <b>Field: I, J &amp; K</b> Spain vs. Iceland vs. Panama <i>(3 team rotation)</i> <b>Field: M&amp;N</b> Canada vs. Greece <b>Field: O&amp;P</b> Honduras vs. Italy	<b>January 28</b>  <b>Field: I, J &amp; K</b> Spain vs. Greece vs. Italy <i>(3 team rotation)</i> <b>Field: M&amp;N</b> Iceland vs. Panama <b>Field: O&amp;P</b> Canada vs. Honduras	<b>February 4</b>  <b>Field: I, J &amp; K</b> Spain vs. Honduras vs. Panama <i>(3 team rotation)</i> <b>Field: M&amp;N</b> Canada vs. Italy <b>Field: O&amp;P</b> Greece vs. Iceland	<b>February 11</b>  <b>Field: I, J &amp; K</b> Honduras vs. Iceland vs. Italy <i>(3 team rotation)</i> <b>Field: M&amp;N</b> Panama vs. Canada <b>Field: O&amp;P</b> Spain vs. Greece  <i>Please note: February 18th is Family Day Weekend (No Sessions)</i>	<b>Feb 25</b>  <b>Field: I, J &amp; K</b> Greece vs. Honduras vs. Italy <i>(3 team rotation)</i> <b>Field: M&amp;N</b> Spain vs. Panama <b>Field: O&amp;P</b> Canada vs. Iceland
<b>March 3</b>  <b>Field: I, J &amp; K</b> Greece vs. Iceland vs. Italy <i>(3 team rotation)</i> <b>Field: M&amp;N</b> Canada vs. Panama <b>Field: O&amp;P</b> Spain vs. Honduras	<b>March 9 &amp; 10</b>  <i>Domenic Mobilio Friendship Cup Jamboree - schedule to be released in mid February</i>			