



## 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.



## U6 Boys Fall 2025 Game Schedule – Town Centre North Field



Game Days will start Saturday, September 27th. 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 September 27: Burnley play on Field F, Cardiff City play on Field G, Ajax play on Field H, Dynamo play on Field I, Juventus on Field J, Liverpool on Field K, Rangers on Field L, etc.

For the 3 team rotation games, Parent Coaches please still split your team into 2 balanced teams and the CMF Staff Coaches on site will explain the rotation on game day.

Sept 27 & October 4	October 11	October 18	October 25	November 1
<p><b><u>Field F, G &amp; H:</u></b> Burnley vs. Cardiff City vs. Ajax (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Dynamo vs. Juventus</p> <p><b><u>Field K&amp;L:</u></b> Liverpool vs. Rangers</p> <p><b><u>Field M&amp;N:</u></b> Man City vs. Monza</p> <p><b><u>Field O&amp;P:</u></b> Paris vs. Everton</p>	<p>Please note: October 11/12 is Thanksgiving Weekend (No Sessions)</p>	<p><b><u>Field F, G &amp; H:</u></b> Cardiff City vs. Juventus vs. Liverpool (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Ajax vs. Man City</p> <p><b><u>Field K&amp;L:</u></b> Monza vs. Paris</p> <p><b><u>Field M&amp;N:</u></b> Everton vs. Rangers</p> <p><b><u>Field O&amp;P:</u></b> Burnley vs. Dynamo</p>	<p><b><u>Field F, G &amp; H:</u></b> Dynamo vs. Man City vs. Monza (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Ajax vs. Everton</p> <p><b><u>Field K&amp;L:</u></b> Paris vs. Rangers</p> <p><b><u>Field M&amp;N:</u></b> Burnley vs. Juventus</p> <p><b><u>Field O&amp;P:</u></b> Cardiff City vs. Liverpool</p>	<p><b><u>Field F, G &amp; H:</u></b> Liverpool vs. Paris vs. Rangers (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Cardiff City vs. Juventus</p> <p><b><u>Field K&amp;L:</u></b> Burnley vs. Man City</p> <p><b><u>Field M&amp;N:</u></b> Ajax vs. Monza</p> <p><b><u>Field O&amp;P:</u></b> Dynamo vs. Everton</p>

<p><b>November 8</b></p> <p><b><u>Field F, G &amp; H:</u></b> Burnley vs. Everton vs. Ajax (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Cardiff City vs. Rangers</p> <p><b><u>Field K&amp;L:</u></b> Dynamo vs. Paris</p> <p><b><u>Field M&amp;N:</u></b> Liverpool vs.</p> <p><b><u>Field O&amp;P:</u></b> Juventus Man City vs. Monza</p>	<p><b>November 15</b></p> <p><b><u>Field F, G &amp; H:</u></b> Man City vs. Everton vs. Monza (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Liverpool vs. Rangers</p> <p><b><u>Field K&amp;L:</u></b> Dynamo vs. Ajax</p> <p><b><u>Field M&amp;N:</u></b> Burnley vs. Paris</p> <p><b><u>Field O&amp;P:</u></b> Cardiff City vs. Juventus</p>	<p><b>November 22</b></p> <p><b><u>Field F, G &amp; H:</u></b> Cardiff City vs. Everton vs. Burnley (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Ajax vs. Rangers</p> <p><b><u>Field K&amp;L:</u></b> Dynamo vs. Juventus</p> <p><b><u>Field M&amp;N:</u></b> Liverpool vs. Monza</p> <p><b><u>Field O&amp;P:</u></b> Man City vs. Paris</p>	<p><b>November 29</b></p> <p><b><u>Field F, G &amp; H:</u></b> Burnley vs. Juventus vs. Ajax (3 team rotation)</p> <p><b><u>Field I&amp;J:</u></b> Cardiff City vs. Rangers</p> <p><b><u>Field K&amp;L:</u></b> Dynamo vs. Monza</p> <p><b><u>Field M&amp;N:</u></b> Liverpool vs. Paris</p> <p><b><u>Field O&amp;P:</u></b> Man City vs. Everton</p> <p><i>Please note: Last Game Day before the Holiday break</i></p>	
--	---	---	---	--