



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, Porto Team 1 and Porto Team 2 (*please create two equally skilled teams*). The team you are playing will also do the same. For example, Celtic Team 1 and Celtic Team 2). On one field, Porto Team 1 will play Celtic Team 1 and on the other field, Porto Team 2 will play Celtic 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 Porto Team 1 will play Celtic Team 2 and Porto Team 2 will play Celtic 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 Girls Fall 2025 Game Schedule – Town Centre North Field



Game Days will start Sunday, September 28. 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 Sept 28th: Brighton play on Field J, Celtic play on Field K and Inter Milan play on Field L, Man United on Field M, Porto on Field N, Sevilla on Field O and Sporting on Field P.

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 28 & October 5	October 12	October 19	October 26	November 2
<p>Field: J,K,L Brighton vs. Celtic vs. Inter Milan (3 team rotation) Field: M&N Man United vs. Porto Field: O&P Sevilla vs. Sporting</p>	<p>Please note: October 11/12 is Thanksgiving Weekend (No Sessions)</p>	<p>Field: J,K,L Sevilla vs. Celtic vs. Brighton (3 team rotation) Field: M&N Sporting vs. Man United Field: O&P Porto vs. Inter Milan</p>	<p>Field: J,K,L Sporting vs. Sevilla vs. Inter Milan (3 team rotation) Field: M&N Celtic vs. Man United Field: O&P Brighton vs. Porto</p>	<p>Field: J,K,L Man United vs. Inter Milan vs. Sporting (3 team rotation) Field: M&N Celtic vs. Porto Field: O&P Sevilla vs. Brighton</p>
<p>November 9</p> <p>Field: J,K,L Sporting vs. Sevilla vs. Inter Milan (3 team rotation) Field: M&N Celtic vs. Man United Field: O&P Brighton vs. Porto</p>	<p>November 16</p> <p>Field: J,K,L Brighton vs. Celtic vs. Inter Milan (3 team rotation) Field: M&N Man United vs. Porto Field: O&P Sevilla vs. Sporting</p>	<p>November 23</p> <p>Field: J,K,L Sevilla vs. Celtic vs. Brighton (3 team rotation) Field: M&N Sporting vs. Man United Field: O&P Porto vs. Inter Milan</p>	<p>November 30</p> <p>Field: J,K,L Man United vs. Inter Milan vs. Sporting (3 team rotation) Field: M&N Celtic vs. Porto Field: O&P Sevilla vs. Brighton</p> <p><i>Please note: Last Game Day before the Holiday break</i></p>	