



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 Fall 2025 Game Schedule – Town Centre North Field



Game Days will start Sunday, September 28th. 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 28: Canada play on Field K, Denmark play on Field L, Greece play on Field M, Honduras on Field N, Iceland on Field O, and Spain on Field P.

Sept 28 & October 5 <u>Field K&L:</u> Canada vs. Denmark <u>Field M&N</u> Greece vs. Honduras <u>Field O&P:</u> Iceland vs. Spain	October 12 Please note: October 11/12 is Thanksgiving Weekend (No Sessions)	October 19 <u>Field K&L:</u> Honduras vs. Spain <u>Field M&N</u> Canada vs. Greece <u>Field O&P:</u> Denmark vs. Iceland	October 26 <u>Field K&L:</u> Canada vs. Honduras <u>Field M&N</u> Denmark vs. Spain <u>Field O&P:</u> Greece vs. Iceland	November 2 <u>Field K&L:</u> Canada vs. Iceland <u>Field M&N</u> Denmark vs. Greece <u>Field O&P:</u> Honduras vs. Spain
November 9 <u>Field K&L:</u> Denmark vs. Honduras <u>Field M&N</u> Iceland vs. Greece <u>Field O&P:</u> Canada vs. Spain	November 16 <u>Field K&L:</u> Denmark vs. Canada <u>Field M&N</u> Spain vs. Greece <u>Field O&P:</u> Iceland vs. Honduras	November 23 <u>Field K&L:</u> Greece vs. Canada <u>Field M&N</u> Spain vs. Denmark <u>Field O&P:</u> Iceland vs. Honduras	November 30 <u>Field K&L:</u> Canada vs. Iceland <u>Field M&N</u> Denmark vs. Honduras <u>Field O&P:</u> Greece vs. Spain <i>Please note: Last Game Day before the Holiday break</i>	