



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 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: Italy play on Field C, Wales play on Field D, Chile play on Field E, Uruguay on Field F, Colombia on Field G, Sweden on Field H, etc.

Sept 27 & October 4	October 11	October 18	October 25	November 1
<u>Field C&D:</u> Italy vs. Wales <u>Field E&F:</u> Chile vs. Uruguay <u>Field G&H:</u> Colombia vs. Sweden <u>Field I&J:</u> Croatia vs. South Africa <u>Field K&L:</u> England vs. Senegal <u>Field M&N:</u> France vs. Netherlands <u>Field O&P:</u> Germany vs. Japan	Please note: October 11/12 is Thanksgiving Weekend (No Sessions)	<u>Field C&D:</u> Italy vs. France <u>Field E&F:</u> Wales vs. Colombia <u>Field G&H:</u> Chile vs. Germany <u>Field I&J:</u> Uruguay vs. Japan <u>Field K&L:</u> Croatia vs. England <u>Field M&N:</u> Senegal vs. Netherlands <u>Field O&P:</u> South Africa vs. Sweden	<u>Field C&D:</u> Italy vs. Sweden <u>Field E&F:</u> Wales vs. Netherlands <u>Field G&H:</u> Chile vs. Japan <u>Field I&J:</u> Uruguay vs. Senegal <u>Field K&L:</u> Colombia vs. Germany <u>Field M&N:</u> France vs. South Africa <u>Field O&P:</u> Croatia vs. England	<u>Field C&D:</u> Colombia vs. Japan <u>Field E&F:</u> France vs. Sweden <u>Field G&H:</u> Italy vs. Netherlands <u>Field I&J:</u> Wales vs. Germany <u>Field K&L:</u> Chile vs. England <u>Field M&N:</u> Uruguay vs. South Africa <u>Field O&P:</u> Senegal vs. Croatia

November 8 <u>Field C&D:</u> Colombia vs. Senegal <u>Field E&F:</u> Germany vs. South Africa <u>Field G&H:</u> Sweden vs. Netherlands <u>Field I&J:</u> Italy vs. Japan <u>Field K&L:</u> Wales vs. England <u>Field M&N:</u> Chile vs. Croatia <u>Field O&P:</u> Uruguay vs. France	November 15 <u>Field C&D:</u> Colombia vs. Croatia <u>Field E&F:</u> France vs. Germany <u>Field G&H:</u> England vs. Netherlands <u>Field I&J:</u> Senegal vs. Japan <u>Field K&L:</u> Italy vs. Sweden <u>Field M&N:</u> Wales vs. Uruguay <u>Field O&P:</u> Chile vs. South Africa	November 22 <u>Field C&D:</u> South Africa vs. England <u>Field E&F:</u> Italy vs. Colombia <u>Field G&H:</u> Wales vs. Senegal <u>Field I&J:</u> Chile vs. Sweden <u>Field K&L:</u> Uruguay vs. Germany <u>Field M&N:</u> France vs. Croatia <u>Field O&P:</u> Netherlands vs. Japan	November 29 <u>Field C&D:</u> Italy vs. South Africa <u>Field E&F:</u> Wales vs. Japan <u>Field G&H:</u> Chile vs. Netherlands <u>Field I&J:</u> Uruguay vs. Senegal <u>Field K&L:</u> Colombia vs. France <u>Field M&N:</u> Germany vs. England <u>Field O&P:</u> Sweden vs. Croatia <i>Please note: Last Game Day before the Holiday break</i>	
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