



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, number dribbling, 4 line follow your pass, follow the leader 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.

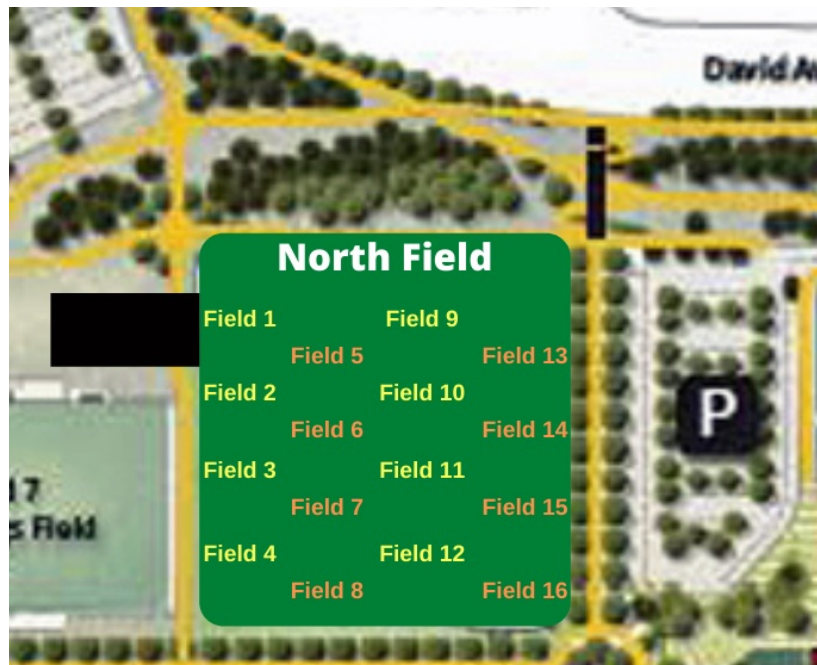
Teams will play a 15-18 minute game and we will have a short half time water break as signaled by the Coquitlam Metro-Ford Staff Coach. At the half-time break, teams can switch so that SPAIN Team 1 will play GREECE Team 2 and SPAIN Team 2 will play GREECE Team 1.

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.
- All fields will have a CMF Staff Coach 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 Winter 2022 Game Schedule – Town Centre North Field



Game Days will start Saturday, January 15. 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 January 22. For example, on January 15: Rangers play on Field 2 , Ajax/Liverpool play on Field 3 and Lyon play on Field 4, Valencia on Field 5 and Man City on Field 6, Burnley on Field 7, Paris on Field 8 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.

January 15 & 22	January 29	February 5	February 12	February 19
F2,3,4: Rangers vs. Ajax/Liverpool vs. Lyon (3 team rotation) F5&6: Valencia vs. Man City F7&8: Burnley vs. Paris F9&10: Juventus/ Cardiff City vs. Spurs F11&12: Dynamo vs. Roma F13&14: Everton vs. Shakhtar	F2, 3, 4: Spurs vs. Ajax/Liverpool vs. Valencia (3 team rotation) F5&6: Burnley vs. Lyon F7&8: Shakhtar vs. Man City F9&10: Dynamo vs. Paris F11&12: Everton vs. Rangers F13&14: Juventus/ Cardiff City vs. Roma	F2,3,4: Roma vs. Juventus/Cardiff City vs. Paris (3 team rotation) F5&6: Valencia vs. Rangers F7&8: Spurs vs. Shakhtar F9&10: Ajax/Liverpool vs Burnley F11&12: Everton vs. Man City F13&14: Dynamo vs. Lyon	F2,3,4: Paris vs. Spurs vs. Rangers (3 team rotation) F5&6: Shakhtar vs. Roma F7&8: Ajax/Liverpool vs. Man City F9&10: Dynamo vs. Burnley F11&12: Everton vs. Lyon F13&14: Juventus/ Cardiff City vs. Valencia	<i>Family Day Weekend - no sessions</i>

February 26 F2,3,4: Lyon vs. Ajax/Liverpool vs. Dynamo (<i>3 team rotation</i>) F5&6: Everton vs. Valencia F7&8: Juventus/ Cardiff City vs. Burnley F9&10: Roma vs. Rangers F11&12: Spurs vs. Man City F13&14: Shakhtar vs. Paris	March 5 Domenic Mobilio Friendship Jamboree - Schedule to be released in February			
--	--	--	--	--