



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. Please avoid any activity with long line ups.

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.

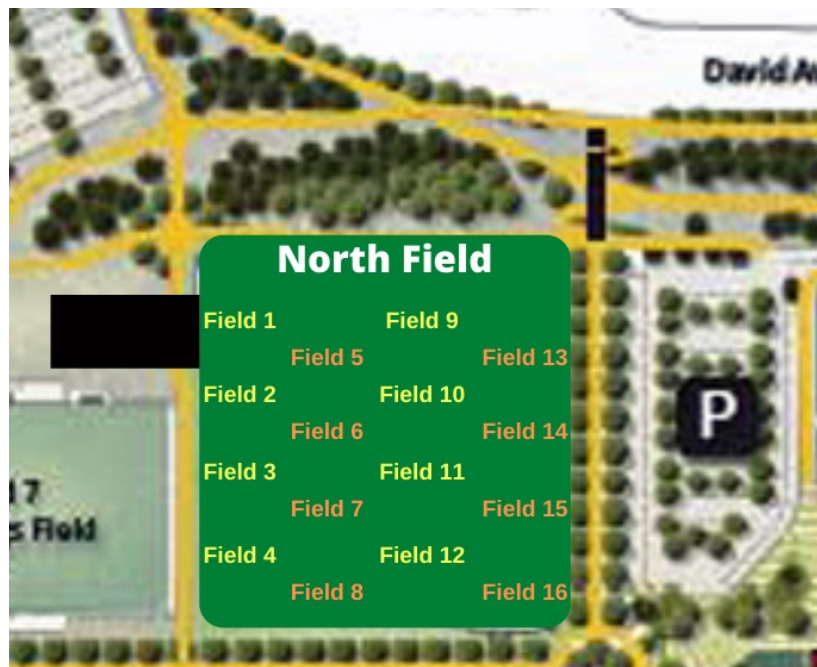
Teams will play a 15-18 minute game and we will have a short half time water break as signaled by the Coquitlam Metro-Ford Staff Coach. At the half-time break, teams can switch so that SPAIN Team 1 will play GREECE Team 2 and SPAIN Team 2 will play GREECE Team 1.

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.



U6 Girls Winter 2022 Game Schedule – Town Centre North Field



Game Days will start Sunday, January 16. 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 23. For example, on January 16, Porto play on Field 9 , Watford play on Field 10 and Rovers play on Field 11, Chelsea on Field 13 and Sevilla on Field 14 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 16 & 23	January 30	February 6	February 13	February 20
F9,10,11: Porto vs. Watford vs. Rovers (3 team rotation) F13&14: Chelsea vs. Sevilla F15&16: Man United vs. Sporting	F9,10,11: Sporting vs. Man United vs. Rovers (3 team rotation) F13&14: Watford vs. Chelsea F15&16: Porto vs. Sevilla	F9,10,11: Rovers vs. Porto vs. Chelsea (3 team rotation) F13&14: Watford vs. Man United F15&16: Sporting vs. Sevilla	F9,10,11: Man United vs. Watford vs. Porto (3 team rotation) F13&14: Sporting vs. Chelsea F15&16: Sevilla vs. Rovers	<i>Family Day Weekend - no sessions</i>
February 27 F9,10,11: Watford vs. Sporting vs. Porto (3 team rotation) F13&14: Sevilla vs. Man United F15&16: Rovers vs. Chelsea	March 6 Domenic Mobilio Friendship Jamboree - Schedule to be released in February			