

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.

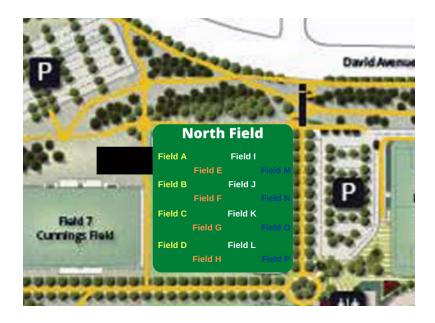
Teams will play a 15-18 minute game and we will have a short half time water break as signaled by the Coquitlam Metro-Ford Staff Coach. At the half-time break, teams can switch so that SPAIN Team 1 will play GREECE Team 2 and SPAIN Team 2 will play GREECE Team 1.

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 2021 Game Schedule - Town Centre North Field



Game Days will start Saturday, September 24th. 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 24th: Liverpool play on Field A, Ajax play on Field B, Lyon play on Field C, Valencia on Field E, Man City on Field F, Burnley on Field G, Paris on Field H 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.

September 24	&
October 1	

Field: A,B,C

Liverpool vs. Ajax vs. Lyon (3 team rotation)

Field: E&F

Valencia vs. Man City

Field: G&H

Burnley vs. Paris

Field: Í&J Cardiff City vs.

Rangers

Field: K&L

Dynamo vs. Roma

Field: M&N

Everton vs. Shakhtar

Field: O&P

Juventus vs. Spurs

October 8

Thanksgiving Weekend - no sessions

October 15

Field: A,B,C

Spurs vs. Ajax vs.

Valencia (3 team rotation)

Field: E&F Burnley vs. Lyon

Field: G&H

Cardiff City vs. Man City

Field: I&J

Dynamo vs. Paris

Field: K&L

Everton vs. Rangers

Field: M&N Juventus vs.

Roma

Field: O&P Liverpool vs.

Shakhtar

October 22

Field: A,B,C

Roma vs.

Juventus vs. Paris

(3 team rotation)

Field: E&F

Liverpool vs. Rangers

Field: G&H

Spurs vs. Shakhtar

Field: I&J

Ajax vs Burnley

Field: K&L

Cardiff City vs. Valencia

Field: M&N

Dynamo vs. Lyon

Field: O&P

Everton vs. Man City

October 29

Field: A,B,C

Paris

vs. Spurs vs.

Rangers

(3 team rotation)

Field: E&F

Shakhtar vs. Roma

Field: G&H

Ajax vs. Cardiff City

Field: I&J

Dynamo vs. Burnley

Field: K&L

Everton vs. Valencia

Field: M&N

Juventus vs. Lyon

Field: O&P Liverpool vs. Man

City

November 5	November 12	November 19	November 26	December 3
Field: A,B,C	Field: A,B,C	Field: A,B,C	Field: A,B,C	Field: A,B,C
Lyon vs.	Burnley vs.	Dynamo vs.	Juventus vs.	Ajax vs. Spurs vs.
Ajax vs. Dynamo	Shakhtar vs. Lyon	Spurs vs. Cardiff City	Shakhtar vs. Dynamo	Liverpool
(3 team rotation)	(3 team rotation)	(3 team rotation)	(3 team rotation)	(3 team rotation)
Field: E&F	Field: E&F	Field: E&F	Field: E&F	Field: E&F
Everton vs. Cardiff	Roma vs. Man City	Shakhtar vs. Burnley	Roma vs. Cardiff City	Roma vs. Everton
City	Field: G&H	Field: G&H	Field: G&H	Field: G&H
Field: G&H	Rangers vs. Paris	Roma vs. Valencia	Rangers vs. Burnley	Rangers vs.
Juventus vs. Burnley	Field: I&J	Field: I&J	Field: I&J	Dynamo
Field: I&J	Ajax vs. Everton	Rangers vs. Lyon	Paris vs. Valencia	Field: I&J
Liverpool vs. Valencia	Field: K&L	Field: K&L	Field: K&L	Paris vs Cardiff City
Field: K&L	Juventus vs.	Paris vs. Man City	Man City vs. Lyon	Field: K&L
Spurs vs. Man City	Dynamo	Field: M&N Ajax vs.	Field: M&N Ajax vs.	Man City vs Burnley
Field: M&N	Field: M&N	Juventus	Liverpool	Field: M&N
Shakhtar vs. Paris	Liverpool vs. Cardiff	Field: O&P	Field: O&P	Lyon vs. Valencia
Field: O&P	City	Liverpool vs. Everyone	Spurs vs. Everton	Field: O&P
Roma vs. Rangers	Field: O&P			Shakhtar vs.

Juventus

Spurs vs. Valencia