



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	October 8	October 15	October 22	October 29
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: I&J Cardiff City vs. Rangers Field: K&L Dynamo vs. Roma Field: M&N Everton vs. Shakhtar Field: O&P Juventus vs. Spurs	<i>Thanksgiving Weekend - no sessions</i>	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	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	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
<u>Field: A,B,C</u> Lyon vs. Ajax vs. Dynamo <i>(3 team rotation)</i> <u>Field: E&F</u> Everton vs. Cardiff City <u>Field: G&H</u> Juventus vs. Burnley <u>Field: I&J</u> Liverpool vs. Valencia <u>Field: K&L</u> Spurs vs. Man City <u>Field: M&N</u> Shakhtar vs. Paris <u>Field: O&P</u> Roma vs. Rangers	<u>Field: A,B,C</u> Burnley vs. Shakhtar vs. Lyon <i>(3 team rotation)</i> <u>Field: E&F</u> Roma vs. Man City <u>Field: G&H</u> Rangers vs. Paris <u>Field: I&J</u> Ajax vs. Everton <u>Field: K&L</u> Juventus vs. Dynamo <u>Field: M&N</u> Liverpool vs. Cardiff City <u>Field: O&P</u> Spurs vs. Valencia	<u>Field: A,B,C</u> Dynamo vs. Spurs vs. Cardiff City <i>(3 team rotation)</i> <u>Field: E&F</u> Shakhtar vs. Burnley <u>Field: G&H</u> Roma vs. Valencia <u>Field: I&J</u> Rangers vs. Lyon <u>Field: K&L</u> Paris vs. Man City <u>Field: M&N</u> Ajax vs. Juventus <u>Field: O&P</u> Liverpool vs. Everyone	<u>Field: A,B,C</u> Juventus vs. Shakhtar vs. Dynamo <i>(3 team rotation)</i> <u>Field: E&F</u> Roma vs. Cardiff City <u>Field: G&H</u> Rangers vs. Burnley <u>Field: I&J</u> Paris vs. Valencia <u>Field: K&L</u> Man City vs. Lyon <u>Field: M&N</u> Ajax vs. Liverpool <u>Field: O&P</u> Spurs vs. Everton	<u>Field: A,B,C</u> Ajax vs. Spurs vs. Liverpool <i>(3 team rotation)</i> <u>Field: E&F</u> Roma vs. Everton <u>Field: G&H</u> Rangers vs. Dynamo <u>Field: I&J</u> Paris vs Cardiff City <u>Field: K&L</u> Man City vs Burnley <u>Field: M&N</u> Lyon vs. Valencia <u>Field: O&P</u> Shakhtar vs. Juventus