



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 Girls Winter 2026 Game Schedule – Town Centre North Field



Game Days will start Sunday, January 11th. 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 January 11th: Canada play on Field K, Denmark play on Field L, Greece play on Field M, Honduras play on Field N, Iceland on Field O, and Spain on Field P.

Jan 11 & Jan 18	January 25	February 1	February 8	February 15
<u>Field K&L</u> Canada vs. Denmark <u>Field M&N:</u> Greece vs. Honduras <u>Field O&P:</u> Iceland vs. Spain	<u>Field K&L</u> Canada vs. Greece <u>Field M&N:</u> Denmark vs. Iceland <u>Field O&P:</u> Honduras vs. Spain	<u>Field K&L</u> Denmark vs. Iceland <u>Field M&N:</u> Greece vs. Spain <u>Field O&P:</u> Canada vs. Honduras	<u>Field K&L</u> Denmark vs. Spain <u>Field M&N:</u> Canada vs. Iceland <u>Field O&P:</u> Greece vs. Honduras	<i>Please note:</i> February 14 & 15 is Family Day Weekend (No Sessions)
<u>Field K&L</u> Canada vs. Spain <u>Field M&N:</u> Honduras vs. Denmark <u>Field O&P:</u> Greece vs. Iceland	<u>Field K&L</u> Iceland vs. Spain <u>Field M&N:</u> Greece vs. Honduras <u>Field O&P:</u> Canada vs. Denmark	<u>Field K&L</u> <i>Please note: Domenic Mobilio Friendship Jamboree for U6 and U7 teams. Schedule to be confirmed in mid-February.</i>		