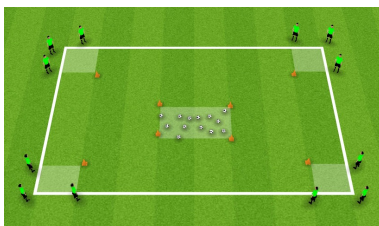


## Nuts & Squirrels

- Every Player on a Ball
- Players are split into their "nests"
- Players collect 1 ball at a time & PASS back to nest
- Once all "nuts" are gone, they can gather from other nests (on the dribble)
- Add in: Right foot / left foot / etc
- Make it a game



## Small Sided Game

- 3v3
- Look for Triangles
- Ball goes out - Coach puts new ball in
- After a goal / teams reset in own half
- Flow of Game takes precedent over stoppages
- Subs = every 2-3 mins
- Repeat: "Spread out" / "Head Up"



\*Coaches can go from activity to gameplay and back again multiple times throughout the session\*

**VANCOUVER UNITED FC**

Game. Club. Community.

## FIRST KICKS WEEK 3: U6 "PASSING & GAME PLAY"

### Technical Support



- Connect with your Technical Lead with Q's
- Staff are "ON Field" to run activities with you
- Keep it Fun & Safe for ALL
- If the ball(s) are rolling; you're doing great!
- Your energy becomes their energy
- Do Not hesitate to ask Staff for help
- Add wrinkles that go with the Topic

