

Activity

- Mid Week:
 - Your "topic" & Activity Take Precedence
 - Spend more time working on the explanation of your activity: "dribbling, Passing, Shooting, etc"
 - Small Sided Games can be stopped, in order to explain rules, shape and general info
- Weekend:
 - The mid week activity should be used as your warm up
 - Once completed, the players will take part in a scheduled game vs another group

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"



VANCOUVER UNITED FC

Game. Club. Community.

FIRST KICKS: MID WEEK VS WEEKEND 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

