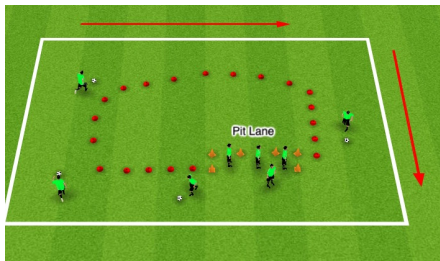


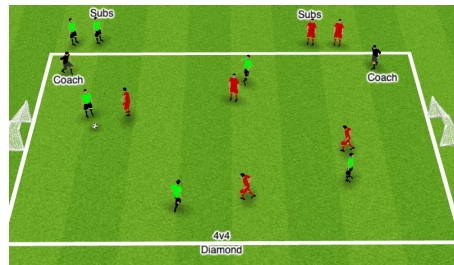
Indy 500

- Setup a track of your choosing
- Have Players Pair Up
- Half in "Pit Lane" / "Start Line"
- Green Light = Go
- Red Light = Stop
- Pump Your Tires = Toe Taps
- Crash = Roll over
- Once they complete 1 lap / partner goes



Small Sided Game

- 4v4 vs OWN Group (then vs Others)
- Look for Diamonds
- Ball goes out - Coach puts new ball in
- After a goal / teams reset in own half
- Flow of Game takes precedent
- Subs = every 2-3 mins
- Repeat: "Spread out" / "Head Up"
- Have FUN!



Vancouver UNITED FC

Game. Club. Community.

FIRST KICKS WEEK 19: U7 "DRIBBLING & 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

