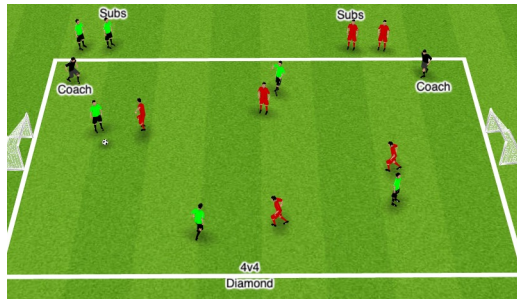


## Activity

- 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

- 4v4 or 5v5 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: 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

