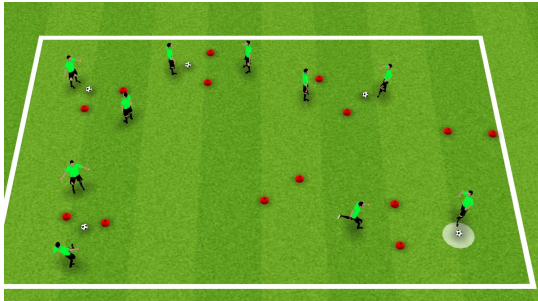


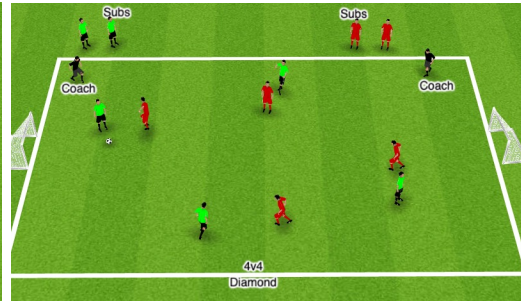
Gate Game

- In Pairs with 1 ball per pair
- Pairs look to complete a pass between a gate & move to another gate
- Count how many gates they can pass between
- Make it a game
- Inside of the foot passing
- Take some time to demonstrate a proper pass



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 3: U7 "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

