



Active Start Saturday BIG Game Days

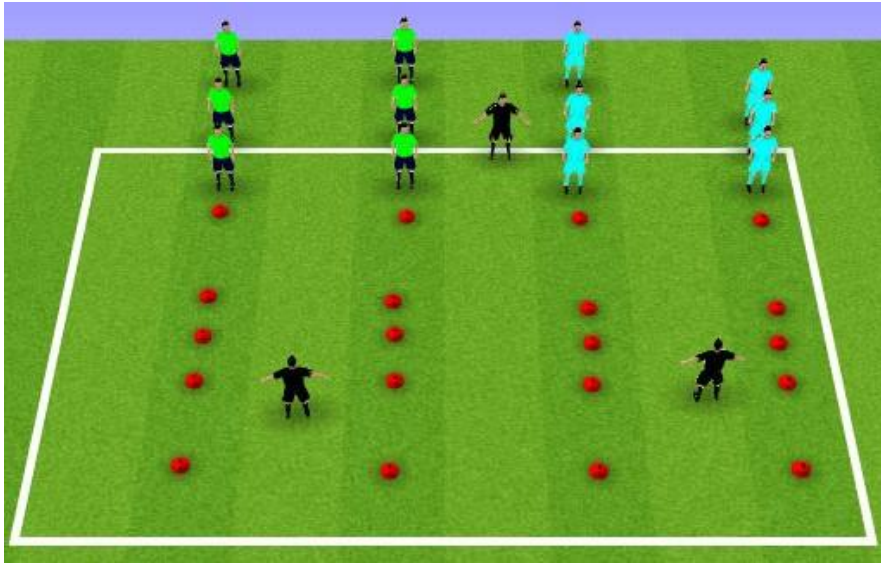


When You Arrive (Warm Up Details on Flip Side)

- 1- Please occupy the area of the field that is designated for your group
- 2- Discuss your team's strengths and weakness with the staff
- 3- Warm your group up as per Cores Guidelines
- 4- The Staff will designate the location of your games
- 5- Challenge and Development designations will be explained by the Staff



Warm Up



- 1- Begin splitting the players into likeminded lines thus allowing you and the staff to better gauge the numbers you have at hand for the bigger sized format
- 2- Be mindful of the Staffs directions as we will only have the warm up portions go for 12-15mins
- 3- Pick up all your equipment and head over to the designated Technical Area with the players as per the communication of the Staff

- 1- Prepare notes prior to the game on the shape we will ask you to play
- 2- 5mins prior to kick off give your groups their starting positions and final tips (the staff will help guide this process)
- 3- 1Gk-1Def-3Mids-1Fwd
- 4- Rotate all players into all the positions throughout the term
- 5- Continued dialogue with the opposing coach(s) is strongly recommended to maximize competitiveness and to limit blow outs on either side
- 6- Have FUN

Starting Line Up & Formation

