

Pirates of the Pug

- Every Player on a Ball
- Player = Sailor
- Balls = Treasure
- 1 Pirate (no ball)
- The Pirate must bury the treasures (into the Pugs)
- Sailor becomes a Pirate
- Small Touches / Head Up
- Last Sailor with their Treasure Wins

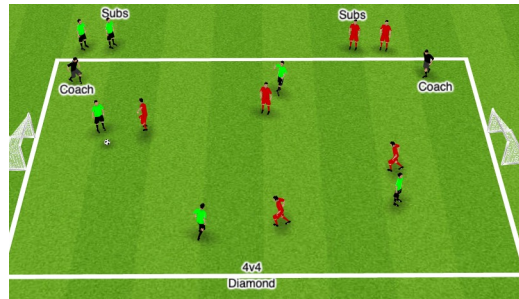


Vancouver UNITED FC

Game. Club. Community.

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!



FIRST KICKS WEEK 18: 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

