

MINI BLUES GAME DAY RUN SHEET

7:50 - Teams arrive to help your coach setup your assigned field.

8:00 - Run two activities (approx 8 minutes each). e.g. Football Coordination, Football Technique, or General Movement).

Games - approx 8 minutes each. 5v5 where possible. Sometimes you just have to mix teams up, smaller teams are better.

8:20 Game 1

Split your team in half (2 teams). One team stays on their starting pitch, while the other team moves to the opposite pitch.

8:30 Game 2

Switch teams so half your team plays the other opposition team.

8:40 Game 3

Both of your teams come together to play each other.

8:50 - Teams pack up goals and cones. Hand out player of the day certificates.

