

U7 GAME DAY RUN SHEET

7:50 - Teams arrive to help your coach setup your field (either one).

8:00

1 Team - Run two Skills activities (approx 8 minutes each), e.g. Football Coordination, Football Technique, or General Movement). Ideas are provided in coaching packs.

Other 2 Teams play each other

Games - approx 20 minutes total. 5v5 (you may need to adjust on the day)

8:20 Rotation 1

Rotate so one team goes into Skills with the other 2 teams playing each other.

8:40 Rotation 1

Rotate a third time, so the remaining team does skills activities and other 2 teams play each other.

9:00 - Leave fields setup for U8 groups. Hand out player of the day certificates.

