

1. Stretching as a group @ Field U5#1.
2. Move to assigned field – The field that is listed on your team roster. Move to the next drill when the team has mastered the skill or is bored. About 5 minutes per drill.
3. Drills and games are on cards in the equipment bag. These are only suggestions – your only limitation is your imagination. The only test is “**are the kids having fun**”.
4. Water break prior to starting games. Take water breaks frequently during drills. It’s also a good mental break for the supervisor.
5. Game supervisor randomly splits the group into two teams; one team to wear the vests.
6. Begin Game between 11:45 and 11:55.
7. Game consists of 4 quarters of 5 minutes each. Halftime is about 5 minutes
8. 3 players to a side with no goal keeper. The remaining kids will be substitutes.
9. Vests kick-off to start the game; jerseys kick-off to start the 2<sup>nd</sup> half. A kick-off will occur after each goal.
10. Substitute at the end of each quarter. Each player plays at least half the game.
11. At halftime, the game supervisor has the discretion to “balance” the teams.
12. After the game is over, return the vests to the game supervisor.
13. **Distribute snacks and drinks. This is the most important part to the kids!!!**
14. **Return equipment to the Coaches Table.**

**DO NOT TAKE THE EQUIPMENT HOME**