



Highlands Soccer Association Under 6 Gala Day 18th May 2024

Hosted by Bowral FC at Stephens Park, Bowral

Pool 1 Schedule

Event	Start	Field 1 Miniroos			Field 2 Miniroos			Field 9	Activities	
1	9:00	1	v	4	2	v	5	3		6
2	9:25	6	v	5	3	v	4	1		2
3	9:50	1	v	3	6	v	2	4		5
4	10:30	1	v	6	5	v	3	2		4
5	10:55	2	v	3	4	v	6	1		5
6	11:20	4	v	5	1	v	2	6		3

Pool 1	
Hill Top Green	1
Mittagong Yellow	2
Yerrinbool White	3
Robertson Maroon	4
Bowral All Stars	5
Tudor House Red	6

NOTE:

- The gala day is a combination of games and activities; please rotate through the activities to give each team a chance at each one
- Registration will open at 8.30am. Each team is to submit a manual teamsheet for the day. Copies can be emailed in advance to secretary@bowralfc.org.au
- Each team needs to specify a Manager / Coach for the day; they will be the leader for each game and activity
- A briefing will be held at 8.45am in front of the canteen for coaches / managers
- Each team needs to bring a match ball, team shirts and bibs in cash of a clash
- A horn will sound to mark the start and end of each game or activity. Please move to the next activity ASAP
- Each game goes for 15 minutes with no half time
- Please return the set up of activities back to how you found them ready for the next team
- No scores are recorded for the matches



Highlands Soccer Association Under 6 Gala Day 18th May 2024

Hosted by Bowral FC at Stephens Park, Bowral

Pool 2 Schedule

Event	Start	Field 3 Miniroos			Field 4 Miniroos			Field 9	Activities	
1	9:00	7	v	10	8	v	11	9		12
2	9:25	12	v	11	9	v	10	7		8
3	9:50	7	v	9	12	v	8	10		11
4	10:30	7	v	12	11	v	9	8		10
5	10:55	8	v	9	10	v	12	7		11
6	11:20	10	v	11	7	v	8	12		9

Pool 2	
Mittagong Green	7
Moss Vale White	8
Hill Top White	9
Bowral Bandicoots	10
Bowral Legends	11
Bundanoon Gold	12

NOTE:

- The gala day is a combination of games and activities; please rotate through the activities to give each team a chance at each one
- Registration will open at 8.30am. Each team is to submit a manual teamsheet for the day. Copies can be emailed in advance to secretary@bowralfc.org.au
- Each team needs to specify a Manager / Coach for the day; they will be the leader for each game and activity
- A briefing will be held at 8.45am in front of the canteen for coaches / managers
- Each team needs to bring a match ball, team shirts and bibs in cash of a clash
- A horn will sound to mark the start and end of each game or activity. Please move to the next activity ASAP
- Each game goes for 15 minutes with no half time
- Please return the set up of activities back to how you found them ready for the next team
- No scores are recorded for the matches



Highlands Soccer Association Under 6 Gala Day 18th May 2024

Hosted by Bowral FC at Stephens Park, Bowral

Pool 3 Schedule

Event	Start	Field 5 Miniroos			Field 6 Miniroos			Field 9	Activities	
1	9:00	13	v	16	14	v	17	15		18
2	9:25	18	v	17	15	v	16	13		14
3	9:50	13	v	15	18	v	14	16		17
4	10:30	13	v	18	17	v	15	14		16
5	10:55	14	v	15	16	v	18	13		17
6	11:20	16	v	17	13	v	14	18		15

Pool 3	
Bundanoon Blue	13
Robertson White	14
Moss Vale Black	15
Yerrinbool Green	16
Tudor House Blue	17
Bowral Rangers	18

NOTE:

- The gala day is a combination of games and activities; please rotate through the activities to give each team a chance at each one
- Registration will open at 8.30am. Each team is to submit a manual teamsheet for the day. Copies can be emailed in advance to secretary@bowralfc.org.au
- Each team needs to specify a Manager / Coach for the day; they will be the leader for each game and activity
- A briefing will be held at 8.45am in front of the canteen for coaches / managers
- Each team needs to bring a match ball, team shirts and bibs in cash of a clash
- A horn will sound to mark the start and end of each game or activity. Please move to the next activity ASAP
- Each game goes for 15 minutes with no half time
- Please return the set up of activities back to how you found them ready for the next team
- No scores are recorded for the matches



Highlands Soccer Association Under 6 Gala Day 18th May 2024

Hosted by Bowral FC at Stephens Park, Bowral

Pool 4 Schedule

Event	Start	Field 7 Miniroos			Field 8 Miniroos			Field 9	Activities	
1	9:00	19	v	22	20	v	21	23		24
2	9:25	24	v	20	21	v	22	19		23
3	9:50	19	v	21	24	v	20	22		23
4	10:30	19	v	24	22	v	21	20		23
5	10:55	20	v	21	22	v	24	19		23
6	11:20	22	v	24	19	v	20	23		21

Pool 4	
Frensham Junior	19
Moss Vale Red	20
Tudor House White	21
Bowral Wanderers	22
Bye	23
Robertson Gold	24

NOTE:

- The gala day is a combination of games and activities; please rotate through the activities to give each team a chance at each one
- Registration will open at 8.30am. Each team is to submit a manual teamsheet for the day. Copies can be emailed in advance to secretary@bowralfc.org.au
- Each team needs to specify a Manager / Coach for the day; they will be the leader for each game and activity
- A briefing will be held at 8.45am in front of the canteen for coaches / managers
- Each team needs to bring a match ball, team shirts and bibs in cash of a clash
- A horn will sound to mark the start and end of each game or activity. Please move to the next activity ASAP
- Each game goes for 15 minutes with no half time
- Please return the set up of activities back to how you found them ready for the next team
- No scores are recorded for the matches

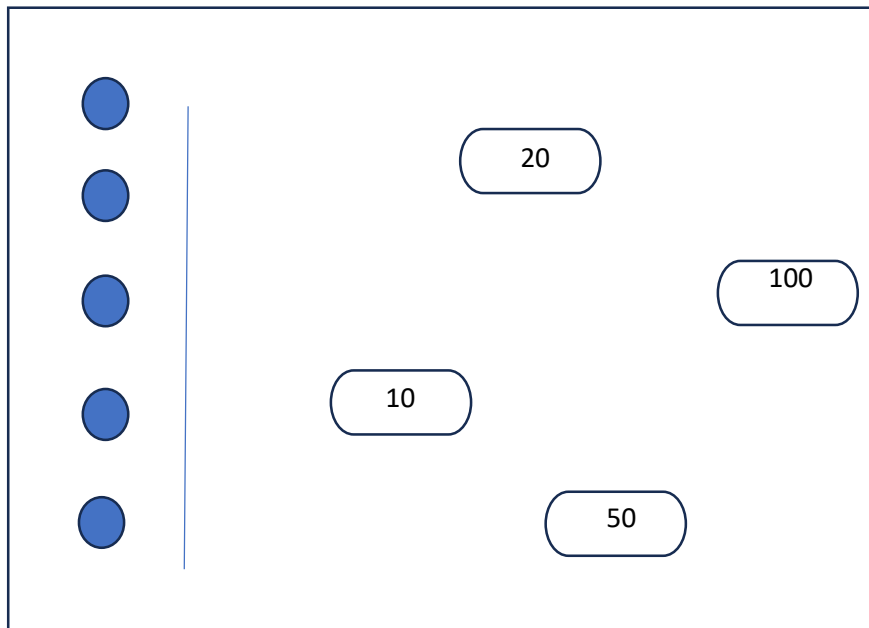


Under 6 Gala Day Activities

Teams to rotate through activities

Each team will have two turns at activities throughout the day

Please speak with other coaches / managers as the sack race, slalom and relay can be set up as teams versing each other



The diagram for the Shoot Out activity shows a vertical line on the left with five blue circles representing goals. To the right of the line, there are four rounded rectangular boxes representing goals, each with a number inside: 20, 10, 50, and 100. The boxes are arranged in a staggered pattern: 20 is at the top, 10 is below it and to the left, 50 is below 10 and to the right, and 100 is at the far right.

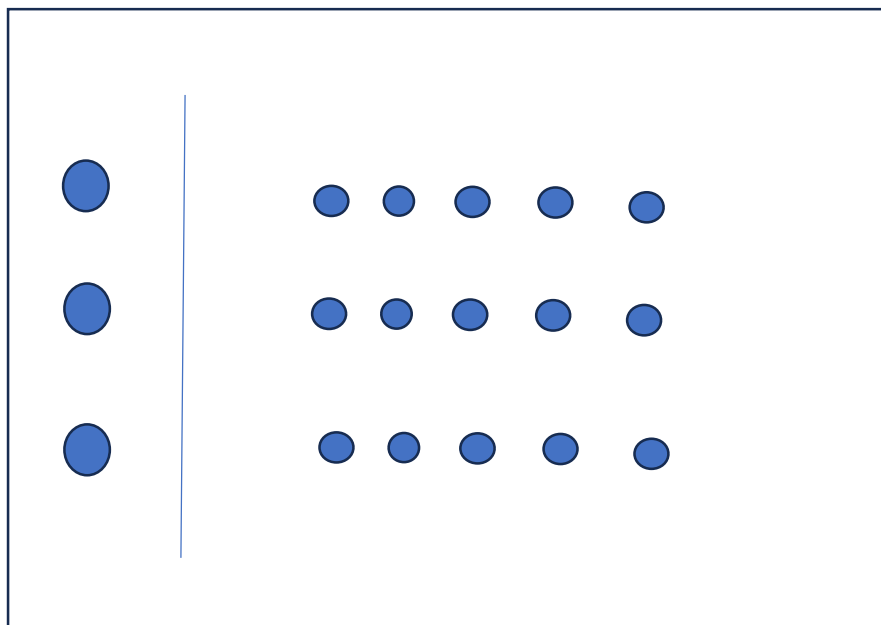
Shoot Out

5 footballs, 4 goals

Each player takes a turn to kick balls into the goals from behind the line

Different points for each goal

Add total points together



The diagram for the Slalom Run activity shows a vertical line on the left with three blue circles representing goals. To the right of the line, there are three rows of five blue circles each, representing markers for the slalom run.

Slalom Run

5 markers in 3 lines, 3 footballs

One player per line

On 'GO' players slalom through the markers, dribbling the ball up and back

Can be set up in two lines and compete in 'relay' against another team



	<p>Slalom Run 2</p> <p>5 markers in 3 lines, 6 footballs, 3 cones</p> <p>One player per line. On 'GO' players slalom through the markers, carrying a cone with a ball balanced on it</p> <p>At the end turn and come back</p> <p>Keep going until you have a top 3 to race against each other.</p> <p>Make it harder – get players to do it again, but dribbling a ball</p> <p>Make it easier – remove the cones</p>
--	---

Sack Race

Old fashioned sack race, line up and jump!

Parents are expected to join this one!

Could also be turned into a relay if time allows

3 legged race

Pair up and race out and back

Parents join in!

Relay Race

Length of an U6 pitch

Relay baton is a cone

Split team into 2 groups, one at either end of the pitch. Players race to other side, hand over cone and continue until whole team has competed.

Option 1: Team v team – speak with the other coaches / managers.

Option 2: Split your team into two groups, with parents to get involved.

Inflatables

Please follow maximum number of people on the inflatable at one time

Limit time on inflatable to allow others teams to have a go

Follow inflatable rules – no shoes, etc

U6 Gala Day 2024 – Bowral FC, Stephens Park

