

# **GDSFA**

# **MINI-ROOS**

## **Handbook**

# **2014**

## **Under 6 and U7**



**Modified by Tony Farrell for Granville Waratah**

# PROGRESSION THROUGH MINI-ROOS FOOTBALL

<b>Playing Format</b>	<b>Under 6 &amp; 7</b>	<b>Under 8 &amp; 9</b>	<b>Under 10 &amp; 11</b>
<b>Points table and Finals</b>	No	No	No
<b>GDSFA Competition Format</b>	In house or Cluster	U8 in house or Cluster U9 GDSFA Draw	GDSFA Draw
<b>Number of Players</b>	4 v 4	7 v 7	9 v 9
<b>Goalkeeper</b>	No	Yes	Yes
<b>Field Size</b>	Length: 30m Width: 20m	Length: 40m-50m Width: 30m-40m	Length: 60m-70m Width: 40m-50m
<b>Field Markings</b>	Markers or Line Markings	Markers or Line Markings	Markers or Line Markings
<b>Penalty Area</b>	No	Depth: 5m Width: 12m	Depth: 5m Width: 12m
<b>Goal Size</b>	Width: 1.5m-2m Height: 0.9m-1m	Width: 2.5m-3m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
<b>Goal Type</b>	Goals, Poles or Markers	Goals, Poles or Markers	Goals, Poles or Markers
<b>Ball Size</b>	3	3	4
<b>Playing Time</b>	2 x 15 minutes	2 x 20 minutes	2 x 25 minutes
<b>Half Time Break</b>	5 minutes	5 minutes	7.5 minutes
<b>Referee</b>	Game Leader	Instructing Referee	Instructing Referee

# UNDER 6 and Under 7 AGE GROUPS

## LAWS OF THE GAME

### FIELD OF PLAY

#### **Dimensions**

The field should be rectangular in shape. Length: 30m, Width: 20m

#### **Markings**

Markers or painted line markings

#### **Goal Size**

Width: 1.5m – 2.0m, Height: 0.9m – 1.0m

#### **Goal Type**

It is preferable that pop-up style goals are used where possible however the use of poles and markers as goals is acceptable

#### **Penalty Area**

There is **NO** penalty area

#### **The Ball**

Size 3

#### **Duration of Game**

2 x 15 minute halves

Half-time break of 5 minutes

#### **Number of Players**

4 v 4 - **NO GOALKEEPER**

A maximum of three (3) substitutes which may rotate during the entire game

The coach or manager may make substitutions while the ball is in play but must wait until the substituted player has left the field

**The Game Leader, Coaches and Managers should continually discourage children from permanently standing in front of goals**

## START OF PLAY / RESTART OF PLAY AFTER A GOAL

### **Start of Play**

- Pass the ball forward to a team mate from the middle of the halfway line
- All players must be in their own half of the field of play
- Opponents must be **at least 5m away** from the ball until it is in play
- The ball must touch a team mate before a goal can be scored

### **Ball in and out of Play**

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the Game Leader

### **Ball Crossing the Touch Line**

There is **NO** throw in

- A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play
- Opponents must be **at least 5m away** from the ball until it is in play
- The ball must touch a team mate before a goal can be scored

### **Ball Crossing the Goal Line after touching the Defending team Last**

There is **NO** corner kick

- Regardless of which team touched the ball last, a player from the team whose goal line the ball crossed will place the ball anywhere along the goal line and pass or dribble the ball into play
- Opponents must retreat to the **halfway line** and can move once the ball is in play
- The ball must touch a team mate before a goal can be scored

### **Ball Crossing the Goal Line after touching the Attacking team Last**

- Regardless of which team touched the ball last, a player from the team whose goal line the ball crossed will place the ball anywhere along the goal line and pass or dribble the ball into play
- Opponents must retreat to the **halfway line** and can move once the ball is in play

The ball must touch a team mate before a goal can be scored

### **Method of Scoring**

- A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar
- When goalposts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player

### **Offside**

There is **NO** offside

- **Children should continually be discouraged from permanently standing in front of goals**

## FOULS AND MISCONDUCT

**Indirect Free Kicks** are awarded for all acts of handball or fouls and misconduct

- Opponents must be **at least 5m away** from the ball when the indirect free kick is taken
- An indirect free kick is where a goal can be scored only if the ball touches another player before it enters the goal
- Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination with no intent. In this case try and give the advantage to the attacking team and continue play
- If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again

Fouls and Misconduct are when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent from behind to gain possession of the ball
- Hold an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of the player

## **OFFICIALS – GAME LEADER**

### **ROLE OF THE GAME LEADER**

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun and have maximum involvement.

The children are learning the game at this level so the Game Leader should be patient and flexible.

The Game Leader can be a club official, parent, older child or beginning referee and should always be enthusiastic and approachable.

The Game Leader should:

- Encourage all children to have fun and different children to take re-starts
- Ensure the correct number of players is on the field.
- Discourage players from permanently over-guarding the goal
- Use a “Ready, Set, Go” prompt to encourage quick decisions when restarting play
- Encourage children to dribble or pass the ball into play from all restarts rather than a big kick
- Ensure the opposing teams is back to the halfway line for all goal line restarts
  
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasize winning or losing

- Encourage children to be involved in all aspects of the game, attacking and defending
- Remember most acts of handball or fouls and misconduct at this level are caused by lack of co-ordination, with no intent
- If a deliberate act of handball or foul and misconduct has occurred explain to the child they have done the wrong thing and that they should not do this again
- Let the game flow and give instruction to all players on the run where they can
- Praise and encourage both teams – be enthusiastic and approachable
- Remember the children are learning – be flexible and patient

### **POINTS TABLES AND FINALS**

To ensure that Mini-Roos is played in the correct spirit and gives all players the best possible chance to develop into the best players they can be FFA advises that member Federations, Zones, Associations and Clubs adopt and promote that the keeping of points table and playing of finals should not be done

### **PRACTICAL RECOMMENDATIONS FOR COACHES, MANAGERS AND GAME LEADERS**

Below are some practical recommendations that you may wish to consider in your role of Game Leader, Coach or Manager:

- All players should get an equal amount of playing time
- When a player is dominating the game and has already scored 3 goals and their team is winning by a 3 goal margin he/she can only score another goal when one of their teammates has scored a goal. This encourages good players to include their team members and to force them to create opportunities for others
- Directly after each match each player is allowed to take a “penalty” from the 8 m spot. First all players from team A followed by all players from Team B
- Every attempt should be made to ensure that teams of reasonably equal ability are playing each other. Each respective governing body will have their own system to achieve this.

## **THE ORGANISATION OF MINI-ROOS IN GDSFA**

Clubs affiliated with GDSFA have the option of organizing their Under 5 players in two ways:

- In-house (Intra-Club) or
- Cluster (Inter-Club)

## **GDSFA Website Information and Contacts**

<http://www.granvillesoccer.com.au>

**ALL CORRESPONDENCE TO GDSFA SHOULD BE VIA YOUR CLUB SECRETARY**

**Ground Closures:**

- On Home Page
- Scroll down to Table showing ground closures
- Alternatively visit Club website with whom your game is scheduled
- Contact numbers for all Local Council Wet Weather Hotlines:
  - Auburn Council – 02 9735 1299
  - Hills Council – 02 9843 0354
  - Holroyd Council – 02 9294 1418
  - Parramatta Council – 02 9294 8586

**Ground Location:**

- Click on tab at top labeled GROUNDS
- Click on venue. A map will show the location together with the address

**GDSFA Club Contacts:**

- Click on tab at top labeled CLUBS
- Select Club
- Linked to website

***OR ALTERNATIVELY DOWNLOADED AS PDF***

- On Home page
- Scroll down to CLUB CONTACTS
- Click on tab to view or print all contacts as pdf

**GDSFA, FNSW AND FFA CONTACTS**

Granville & Districts Soccer Football Association Inc

p. 02 9738 7222

e. [manager@granvillesoccer.com.au](mailto:manager@granvillesoccer.com.au)

w. [www.granvillesoccer.com.au](http://www.granvillesoccer.com.au)

**GDSFA DIRECTOR for MINI-ROOS**

Poppy Kotsiopoulos

m. 0421 127 774

e. [poppy.kotsiopoulos@granvillesoccer.com.au](mailto:poppy.kotsiopoulos@granvillesoccer.com.au)

Links to FNSW and FFA are available on the GDSFA website

**GDSFA Wet Weather Procedure**

Club Officials are responsible for checking the GDSFA website for away ground closures and then informing their team Managers by whichever procedure their Club has in place.

If a Club has to close their grounds due to weather or maintenance, GDSFA should be notified as soon as possible so that the website can be updated and alternative arrangements can be arranged.

Clubs should also adjust their own websites regularly with ground closures.

When grounds are closed due to wet weather or maintenance, games may be re-scheduled as late as Saturday morning to another ground with the GDSFA boundaries which is not affected. It is essential that Club Officials are available for contact to arrange grounds and inform their teams.

GDSFA and Club Officials endeavor to hold games so as not to force catch-up rounds.

In the case of a wash-out, where possible the GDSFA will reschedule Mini-Roos games. It should be noted however that table competitions have priority on grounds and times available.

## **WET WEATHER STEPS**

1. Club Officials inform GDSFA of ground closure
2. GDSFA update website
3. In consultation with Club Officials, GDSFA may arrange another ground, cancel and/or reschedule game
4. Club Officials inform Team managers of changes

## **Coaching Resources**

### **ROLE OF A COACH/PARENT HELPER**



- The major role of the Coach/Parent helper is to make the football experience of every player and their families in their team as enjoyable as possible
- The team Coach/Parent helper will provide the best environment for children to learn and enjoy the game through organizing fun game based practices
- Having good personal and organizational skills are most important for Coach/Parent helpers working with children in this age group to allow them to learn through playing the game with minimal instruction and a focus on player development
- Clubs should service their Coaches/Parent helpers, Game leader and volunteers through the Community Coach Education Pathway
- The **Grassroots Football Certificate** is a course of 3 hours duration and is aimed at giving Coaches and the basic requirement of coaching children in this age group. It also provides them with practical ideas for training sessions
- Coaches looking after children in U8-U11 age groups are encouraged to do a **Junior License** course. Clubs can contact their Association or Member Federation to organize a course at their club or find out when the next one is.

## **GAME DAY**

### **BEFORE THE GAME**

- Arrive at the field at least 30mins before the game is scheduled to begin
- Check that fields are set up
- Before the game begins do a short warm-up
  - This can be done by a starting with a small sided or position game
  - Put players in circle and they dribble the ball to a team mate and take his/her position
  - Put players in circle and they pass the ball to a team mate and take his/her position
- Meet opposing squad coach and manager and decide on Game Leader
- Ensure the team is kitted up ready and on the field ready for start of play

### **HALF-TIME PEP TALK**

- Ensure players have a drink
- Talk to them on the field away from the parents
- Always be POSITIVE
- Get the players settled and back on the field ready for the next half

### **END OF GAME**

- Shake hands, thank and congratulate the other team and officials. Ensure that all your team does the same. **No squeezing hands until they hurt or spitting on hands before shaking!**
- Congratulate each player on one positive thing they achieved during the game. Hand out "Player of the Match". Remind them of when and where next training is.
- Ensure that field is packed up if yours is the last game of the day

## **PLAYER ASSESSMENT**

Assessing your players at the start, mid and end of season can help you to guide them individually in the areas they need most help. Assessing players also forms a good guide for you as coach. It can help you see if the coaching methods you are using suit the players you are coaching. Finally it can show you where the players have improved and assist you in keeping positive about their development.

One of the easiest ways to your players is to set up a circuit with a simple drill task at each station.

When setting up the task, break the skill down into its components and observe how many parts are successfully performed. For example, when dribbling, what part of the foot is used? Does the player use both feet to control the ball around cones or dominate with one foot? Does the player have control of the ball throughout the whole drill or does it get away from them? Does the player watch the ball constantly or are they watching where they are going, especially in the straight dribble?

When assessing, do not compare players with each other. Try to get a base skill level for each player at the start of the season. This will allow you to compare each players improvement throughout the season. Use the same skill tasks for each assessment, as well as game day observations. The final assessment of the season can then form a history of players' development.

Below is a simple assessment spreadsheet that may be useful.

NAME	TRAINING ATTENDANCE	GAME ATTENDANCE	KICKING	PASSING	DRIBBLING	GOALKEEPING (u8-u11)	PARTICIPATION	COMMENTS

- 1 = OUTSTANDING PERFORMANCE
- 2 = PERFORMS SKILL ACCURATELY MOST TIME
- 3 = PERFORMS SKILL ACCURATELY SOME TIME
- 4 = NEEDS ASSISTANCE ALL THE TIME

## Team Management Resources

### ROLE OF A MINI-ROOS TEAM MANAGER

The team Manager is the main point of contact between Club Officials and players. It is essential to pass on any information swiftly and accurately. Some jobs may include:

- Collect team/squad shirts and information at the beginning of season and return at the end of season
- Organize parent helpers into various rosters such as washing shirts, canteen duty, setting up or packing up the fields
- Collect team/squad folder before each game if necessary and communicate any relevant information to parents or Coach
- Write match report each week and circulate or forward to appropriate person
- Liase closely with the Coach in regards to training, wet weather, player numbers and general running of the team
- Be the main point of contact to and from Club Officials for wet weather, general information and questions

## **TEAM CONTACTS LIST AND ATTENDANCE FORMS**

As a Manager it is essential to have up-to-date records of how best to contact players at short notice. This could be via phone, SMS or email. It is also important to maintain accurate game attendance records. Below are some examples of forms that may assist you.

### **CONFIDENTIALITY**

Please remember that players' details are strictly confidential and should only be used for the purpose of club information. DO NOT pass on player details or post any player information on social media pages or the internet. In some cases this could put the child at risk.

## **CLUB COMMUNICATION**

In developing this resource it is hoped that channels for accurate communication of information are opened up between GDSFA, Clubs and their members.

For an organization as large and varied as the GDSFA it is vital that Clubs pass on information swiftly and, more importantly, accurately. With so many forms of communication available to organizers, our members from Under 5's through to Over 35's should have access to ground closures, draw updates, procedures, courses and rule updates almost as soon as the decision has been made

**WE THANK ALL CLUBS OFFICIALS FOR THEIR ASSISTANCE AND WORK BECAUSE THE GDSFA WOULD NOT BE ABLE TO OFFER SUCH A VARIETY OF FOOTBALL OPPORTUNITIES FOR CHILDREN, WOMEN AND MEN IN OUR AREA AS IT DOES.**

## **TEAM CONTACT LIST**

	TEAM NAME	TRAINING	COACH	MANAGER	ASSIST COACH
		Day	Name	Name	Name

