



Coaching Workbook Under 8 & 9



“Football players are like

ARTISTS

and the field is their canvas,

Let them paint their *own*

MASTERPIECE.”

Jason Maguire



What is Aldi MiniRoos?



Aldi MiniRoos Club Football is modified football for players aged 6 – 11 years old, played on small sided fields to provide a fun and engaged introduction to football

MiniRoos football is designed to be more inclusive, fun and engaging for children to learn new skills whilst playing in a team based environment





Who organises MiniRoos football?



Aldi MiniRoos club football is organised by grassroots clubs whereby teams play against other teams of the same age group

Games are NON-COMPETITIVE, which means results and competitions ladders are not recorded or published



Research states that children have a greater positive experience in sport when learning new skills

MiniRoos aims to promote this, reducing pressure on players from parents and coaches, which has been found to be the NUMBER 1 reason for sport drop-out in children/youth



YOUR role as a GAME LEADER



The game is about THE PLAYERS

As a Game Leader:

- Create a positive and fun environment
- Encourage good football
- Encourage sportsman-like conduct
- Encourage players to give THEIR best effort
- Be enthusiastic
- Have fun



Playing Rules & Formats

ALDI MiniRoos Club Football



Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 8 & 9:

The number of players	7-a-side including a goalkeeper Maximum of four substitutes
The field of play	Minimum: 40m long x 30m wide Best Practise: 45m long x 35m wide Maximum: 50m long x 40m wide
Goal size	3m wide x 2m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half time break
Penalty area	5m deep x 12m wide

Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Offside

There is no offside rule in ALDI MiniRoos Under 8 & 9.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play.

The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres 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 subsequently touches another player before it enters the goal.

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

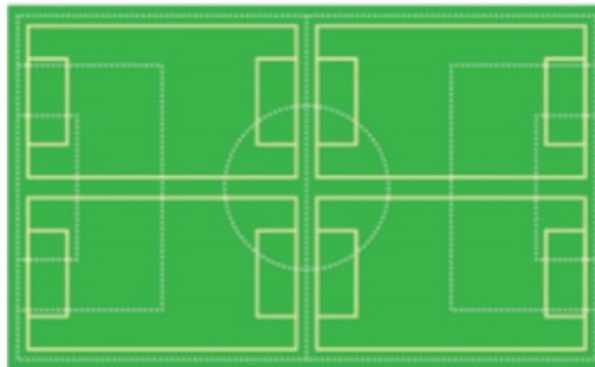
Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.



Playing Rules & Formats

Under 8 – 9 MiniRoos



*Goalkeepers CANNOT dropkick the ball
Discourage OFFSIDE*

Under 8 -9 MiniRoos	
Field Size	45m x 35m
Players on field	7 vs 7
Goals	3m x 2m
Ball Size	Size 3
Game Length	2x 20 minutes
Goalkeepers	Yes
Restart	Throw-ins Corners
Penalty Area	5m x 12m



National Playing Formats and Rules

Method of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts 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.

Shin guards

Shin guards must be worn by all players without exception.

Concussion

Any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".

Substitutions

Players may be rotated on and off the field at any time during the game. A coach/parent may make substitutions while the ball is in play, ensuring the player is off the field before the substitute goes on. Equal playing time should be a priority ensuring all players regardless of age, gender and/or ability get to take the field.

Regular rotation of players is key. Kids don't register to watch football – they just want to play! If there is space on the sidelines, substitutes should be encouraged to set up small-sided games or practice their skills in a designated area, not interfering with play.

Game Leaders

Each game is to be controlled by one 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, are learning the game and have maximum involvement.

The Game Leader can be a club official, parent, older child/player or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

The Game Leader should:

- Encourage all children to have fun and different children to take re-starts;
- Ensure the correct number of players are on the field;
- Discourage players from permanently over-guarding the goal;
- Check all players are wearing shin guards;
- Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play;
- Encourage children to dribble or pass ball to team mates rather than kick the ball long;
- Ensure the opposing team is at least 5 metres outside the penalty area for all goal line restarts;
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children;
- Encourage children to be involved in all aspects of the game, attacking and defending;
- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls;
- Explain the rules to players and why a free kick has been awarded;
- Let the game flow and give instruction to all players on the run where you can;
- Praise and encourage both teams; and
- Be enthusiastic and approachable.

Game leaders are encouraged to undertake a free FFA ALDI MiniRoos Certificate prior to start of the season.



What is a foul?

In MiniRoos football most players will not understand what IS and IS NOT a foul. Your role is to educate them on the below actions deemed as a foul and worthy of a free-kick or restart.

Indirect free kicks are given for fouls, unless inside the penalty area (direct)

KICKS

Kicks out, or attempts to kick an opponent OR team mate

TRIPS

Trips, or attempts to kick an opponent OR team mates

* Opponents must be 5m back





What is a foul?

CHARGES

Charges an opponent

PUSH or HOLD

Pushes or holds an opponent OR
team mate

TACKLE

Tackles an opponent
DANGEROUSLY, or from behind

SWEARS

Swears, or uses bad language
towards anyone ON & OFF the field

If something looks dangerous or unsportsman-like call a foul and explain WHY to players

Question - What things could be considered?

If you believe a player is becoming increasingly AGGRESSIVE or frustrated suggest to the coach to substitute the player.

A 5 minute substitution may avoid over aggressive behaviour, conflict or dangerous play



Tips for delivering ALDI MiniRoos Kick-Off



- 1. Try to minimise stoppages and maximise enjoyment;
- 2. Encourage the use of both feet at all times;
- 3. Ensure that there is a maximum involvement at all times;
- 4. Create safe and appropriate methods of defending where 'tackling' may be an issue;
- 5. Instruct players to stop and place their foot on the ball when the signal is given, to ensure players can listen without distraction;
- 6. Use demonstrators and keep instructions to less than 30 seconds, to ensure players are quickly engaged in the activity; remember it doesn't have to be perfect for players to enjoy;
- 7. Different team sizes, for example 4 v 3, can be used to equalise the effects of different player abilities;
- 8. Use games and quick activities to form groups and teams. Avoid nominating two players as captains to choose teams — no-one likes being the last person picked;
- 9. Replicate games on a smaller scale to provide maximum participation. Three games of 3v3 are preferred to one game of 9v9; and
- 10. **LET THEM PLAY!**



Introduction to ALDI MiniRoos Kick-Off

10 tips for match day manners



- 1. **REMEMBER** that the opposition are a bunch of kids, like yours. Be nice, say hello to them and ask how they are.
- 2. **SHAKE HANDS** with the opposition coach before and, regardless of the result, after the game. It's irrelevant what you think of him or her. Like you, they are giving up their spare time so that children can play Football. If nothing else, respect them for that.
- 3. **DO NOT** try to control your players movements. Leave the decisions to them and if they make a mistake, so what? It's a learning opportunity, not the end of the world. Let your players express themselves on the pitch.
- 4. **COACHES** who keep shouting 'PASS!!!' or 'SHOOT!!!' or 'GET STUCK IN!!!' need to have their mouths zipped up. How would you feel if someone was trying to tell you what to do all the time? Make sure your parents understand this too.
- 5. **DO NOT** keep shouting a players' name. It's embarrassing for the child and can sound as though you're picking on them.
- 6. **DO NOT** pace up and down the touchline, chewing your clipboard. It looks ridiculous and if you keep walking in front of the opposition coach and his subs, don't be surprised if a little foot sticks out and trips you up.
- 7. **TOUCHLINE** comments should be confined to encouragement. Say 'well done ', ' nice passes or 'great tackle', etc. Praise good work by BOTH teams.
- 8. **NEVER** shout at a match official. They are volunteers, just like you, and they're doing a difficult job. If you think the ref made a bad call, keep it to yourself and if he or she makes a call in favour of your team, don't shout 'good call ref!'. That's just plain poor sportsmanship.
- 9. **You don't** need to tell your players that they should try to win the game. It's a natural human trait.
- 10. The **game** is the ultimate **teacher**, let them play.
- **Mistakes are lessons in the game**



Introduction to ALDI MiniRoos Kick-Off

Tips for match day manners



- **6 Things You Should Do at Half Time**

- If you are unsure what to do at half time follow these tips so your team is organised before they go out for the second half.
- **1. Prepare notes based on what the training topic was during the week.**
- As with everything in youth Football, preparation is key, so during the first half you should be making mental or written notes of what you want to say during the interval. Your half-time comments should always be 90% positive so – regardless of the match situation – the focus should be about what the team is doing well and what skill are we trying to achieve rather than what they are doing not so well.
- **2. Pick your location**
- For the talk itself, find somewhere sheltered and out of earshot of the opposition and the players' parents. Make sure everyone has a drink and get them sat down (if the ground is not wet) facing you, checking there are no distractions behind you.
- **3. Assess for injuries**
- Once your players are settled, the first thing to do is to check for injuries. Is everyone okay?



Introduction to ALDI MiniRoos Kick-Off

Tips for match day manners



- **6 Things You Should Do at Half Time**
- **4. Offer praise**
 - Next, it's time for some 'well dones', but be truthful. Your players will know if you are giving them false praise. And if you are going to pick out individuals make sure you mention everyone, not just your star players! If you feel you can correct any simple errors with a short comment then do so. But don't try to introduce any new concepts or embark on a lengthy lecture. Never forget you are a role model for your players, so don't criticise the match officials at half-time (or at any other time for that matter), even if those in charge have made a mistake that has cost you a goal!
- **5. Confirm the team**
 - Now it's time to announce the starting line-up for the second half. If you're not sure which players to take off then don't make any changes until the second half is a few minutes old. But if you do that, ensure your subs know they are going to get on soon.
- **6. Send them out inspired**
 - Finally, speak some more words of encouragement and send your team out for the second half, ensuring you count the players on the field before the whistle goes. I've often accidentally tried to start with one player more than the rules allow!

TEAM INFO

AGE	FIRST NAME	SURNAME	EMAIL	PARENT	MOBILE



Training Session U8-9 (Role Call)

NAME	WK1		WK2		WK3		WK4		WK5		WK6		WK7		WK8		WK9		WK10	



Training Session U8-9 (Role Call)

NAME	WK11		WK12		WK13		WK14		WK15		WK16		WK17		WK18		WK19		WK20	



