



Macarthur SAP League Coaching & Matchday Guidelines 2024



Introduction

- SAP refers to the Skill Acquisition Phase of player development, defined at the ages 8 – 12.
- Football NSW have established 'SAP Leagues', which requires NPL Clubs and Associations to hold a license to participate.
- The establishment of a **new local development League** for SAP-aged players aims to provide more young players across the region with high-quality development opportunities. This 'SAP League' acts as the top tier of local football for such age groups, commencing at U8.
- The simple goal of the 'Macarthur SAP League' is to improve development opportunities for more players and coaches within the local clubs of Macarthur. As with other local Leagues, the 'M-SAP League' will be managed and supported by the MFA.
- This document aims to assist licensed clubs with the delivery of coaching & matchday to maximise the experience for all participants.



Key Selection Criteria Checklist

| # | Criteria | Requirement |
|---|----------------|---|
| 1 | Coaching | <p>Mandatory for 2024:</p> <ol style="list-style-type: none">1. Team coach/es to have completed minimum SAP coaching certificate (Skill Training) or registered to complete the updated coach education courses from Football Australia and Football NSW in 2024.2. Club to host at least one coach education course in the lead up to or start of the 2024 season.3. Club to promote and share the MOJO app to all MiniRoos and Junior coaches.4. Club to share all relevant trials information and training night information with MFA. <p>Desirable:</p> <ol style="list-style-type: none">1. Team head coach/es with minimum two years MiniRoos coaching experience.2. Team coach/es to hold a C License3. Club to have appointed a Coach Coordinator / Developer with minimum SAP coaching certificate (Skill Training) |
| 2 | Facilities | <p>The MFA will consider the following when assessing your application:</p> <ul style="list-style-type: none">• Capacity of facility• Quality of playing surface at the facility• Floodlighting at facility• Irrigation and drainage at facility |
| 3 | Girls Football | Maintain at least one all-Girls MiniRoos team in the community competition |



Uniform

For consistency, licensed clubs are required to provide the following uniform as part of M-SAP registration:

- ☐ On-Field Kit
 - ☐ Numbered Shirt
 - ☐ Short
 - ☐ Socks

- ☐ Off-Field Kit
 - ☐ Polo
 - ☐ Jacket
 - ☐ Bag

All items to include the M-SAP logo, provided by the MFA.





Playing Formats and Rules U8 & U9

| PLAYING FORMATS | |
|-------------------|--|
| Number of players | 7-a-side including a goalkeeper Maximum 4 substitutes |
| Field of play | Min: 40m long x 30m wide Best Practise: 45m long x 35m wide Max: 50m long x 40m wide |
| Goal size | 3m wide x 2 m high |
| Ball size | Size 3 |
| Match Duration | 20min halves 5 min halftime break |
| Penalty area | 5m deep x 12m wide |

- National Playing Formats and Rules apply
- Download available: [click here](#)
- Share these rules with all members, including parents

The MiniRoos logo is at the top of the document, featuring the word 'MiniRoos' in a stylized green font with a soccer ball icon for the 'o'.

National Playing Formats and Rules

MiniRoos Club Football

UNDER 8 & 9

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.

Ball crossing the goal line after touching the attacking team last
Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct

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 |



Playing Formats and Rules U10 & U11

| PLAYING FORMATS | |
|-------------------|--|
| Number of players | 9-a-side including a goalkeeper Maximum 5 substitutes |
| Field of play | Min: 70m long x 50m wide Best Practise: 65m long x 45m wide Max: 60m long x 40m wide |
| Goal size | 5m wide x 2 m high |
| Ball size | Size 4 |
| Match Duration | 25min halves 5 min halftime break |
| Penalty area | 10m deep x 20m wide |

- National Playing Formats and Rules apply
- Download available: [click here](#)
- Share these rules with all members, including parents

The MiniRoos logo, featuring the word 'MiniRoos' in a stylized green font with a red outline.

National Playing Formats and Rules

MiniRoos Club Football

UNDER 10 & 11

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

| | |
|-----------------------|--|
| The number of players | 9-a-side including a goalkeeper Maximum of five substitutes |
| The field of play | Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide |
| Goal size | Maximum: 5m wide x 2m high |
| Ball size | Size 4 |
| Duration of the game | 25 min halves Minimum 5 min half time break |
| Penalty area | 10m deep x 20m wide |

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.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to MiniRoos Under 10 & 11. Goals can be scored from the offside position.

Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

Fouls and misconduct



Coaching

Pre-Season

- ☐ Coaches are expected to hold minimum coaching qualifications as part of the clubs participation in the M-SAP
- ☐ Coaches are expected to host Grading and Selection day/s, with the support of the MFA.
- ☐ Appointed coaches to participate in an induction session hosted by the MFA.

During the Season

- ☐ Teams are expected to undertake 2 x 45-60min training sessions per week.
- ☐ Support offered by MFA
 - ☐ Access to Community Football Manager
 - ☐ Access to MFA and Macarthur Rams Technical Directors
 - ☐ Online session plans



U8 – U11 Coaching Guide – Tips to help for training

Welcome

5 mins

SKILL INTRODUCTION

15 mins

1. Welcome the players, an arrival activity such as a small game that uses the core skill of the week is a great idea!
2. This is where some repetition is used to stimulate the physical and mental side of your players. Look to include elements of decision-making with no 'stop-start coaching'.

Coach is: Encouraging **Players are :** Warming Up and playing

SKILL TRAINING

20 mins

1. Gradually increase opposition to challenge your players in a realistic football game scenario.
2. Think about how you can you provide positive verbal feedback, while giving lots of repetition.

Coach is: Guiding **Players are:** Learning and playing

SKILL GAME

15 mins

Wrap Up

5 mins

1. Let them play! Set up a real small-sided game, maybe play another team next to you?
2. As coach, step back and observe whether your players are enjoying themselves and trying the skill you practiced earlier. Relax and enjoy!

Coach is: Observing **Players are:** Playing and having fun!

Is training Engaging?

Are all the players involved in the session? Avoid Long Lines, Lectures and Laps.

Is training Enjoyable?

Are your players smiling, laughing, enjoying themselves?

Keep it simple, keep it fun!

S

SAFE (Physically & Emotionally)
Field Safe? Try new things, Bullying?

O

ORGANISED
Are you prepared? Session plan? Setup prior? Gear?

C

COACHING STYLE
Coach on the run, feedback in breaks, ask questions

H

HOW YOU SCORE / WIN
Use a demo to explain, increase chances to score

A

AREA
Increase / decrease size or shape of playing area

N

NUMBERS
Use different team numbers, 6 vs 4 or use jokers

G

GAME RULES
What are we doing, number of passes before we shoot

E

EQUIPMENT
Bigger / smaller goals, more goals , balls, cones and bibs.

I

INCLUSION
Everyone involved, engage players in modifying session

T

TIME
Reduce / extend the time to increase motivation



Coach: Preparation for a Match Day

- ☐ Communicate venue, arrival time, and kick-off details to parents/players
- ☐ Check player availability. Source replacement players as required to ensure team is not short on match day
- ☐ Uniform & Equipment – bibs, cones, balls, pump
- ☐ Team line-up prepared, including player rotations
- ☐ Team talk prepared, including team and individual objectives
- ☐ Know what you are looking for in the match
(behavioural / technical - based on training focus for that week)
- ☐ Communicate any potential issues with opposition coach / club
- ☐ Plan the trip





Coach: Arrival & Pre-Match

- ☐ Arrive in official M-SAP club gear
- ☐ Field and facility inspection – safety, bathrooms, first-aid, access to water
- ☐ Meet & greet opponent TD / Coaches, Game Leaders
- ☐ Identify area for player bags and drink bottles
- ☐ Identify suitable warm-up area and set up
- ☐ Conduct planned warm-up (10mins, football specific)
- ☐ Check all players have arrived
- ☐ Communicate positions and objectives for the game
- ☐ Team Talk – positive language





Coach: During the Match

- ☐ Comply with Coaches Code of Conduct
- ☐ Encouragement & praise from the sideline
- ☐ Allow players to make decisions and mistakes
- ☐ Observations based on match / individual objectives
- ☐ Manage players (eg; rotations, positions, etc)
- ☐ Consider well-being of players
- ☐ Respect and support Game Leaders
- ☐ Conduct half-time talk away from parents / distractions if possible, reinforce pre-game objectives and consider objectives for 2nd half
- ☐ Allow players to rest, hydrate, and recover





Coach: Post Match

- ☐ Shake hands with the opposition
- ☐ Acknowledge and thank parents and officials
- ☐ Player welfare – injury prevention / management and hydration
- ☐ Debrief with players away from parents / distractions
- ☐ Collect gear and ensure area is clean
- ☐ Commence reflection on individual players and the team
- ☐ Report to the Club Coach Developer





U8 – U11 Coaching Guide – Tips to help on game day

PRE - GAME

1. Try an activity or exercise you have played or practiced at training with everyone involved
2. Encourage players to try things you have practiced at training, i.e. dribbling or passing or support play

HALF - TIME

1. Let them have a quick drink and rest
2. Highlight positive player actions and efforts such as “Jesse, I loved the way you dribbled forward” “Olivia, you are trying really hard today” “Lets see how well we can play as a team”

DURING GAME

1. Encourage all the players to be involved, and to try their new skills. Little to NO coaching from the sideline, allow players to make their own decisions.
2. Let them play! – Be positive or be quiet!

AFTER GAME

1. 3 cheers for the game leader and other team, shake hands, reinforce the great effort players made, also noting players trying new positions, Goal Keeper!
2. Remind them when training is next, who is on oranges / snacks next week?

1

CONTROL the BALL

Away from the defender, don't kick the ball – pass it!

2

PLAYER ROTATION

Players to play different positions across the season

3

EQUAL GAME TIME

Equal game time for all players should be the goal

4

CPR for Football

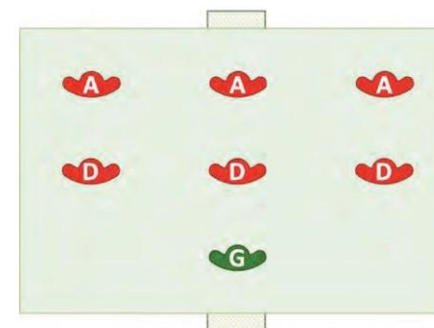
Encourage the players to Control – Pass – Run

5

PLAYING OUT FROM THE BACK

Importance of the goal keeper and building up play

U8-9: 7 vs 7 (1-3-3)



U10-11: 9 vs 9 (1-3-2-3)





Team Manager

- ☐ Communicate any availability issues to the coach
- ☐ Communicate with parents on behalf of the coach as required
- ☐ Ensure field is set-up when hosting matches
- ☐ Monitor parent / spectator behaviour and report inappropriate behaviour to Club Officials
- ☐ Liaise with Game Leaders
- ☐ Support players coming on and off the field
- ☐ Leave the coach to coach
- ☐ Manage all team administration, including Match Cards, Incident Reports, etc
- ☐ Enjoy the match





Players: Match Day

- ☐ Ensure a good night sleep and a healthy breakfast
- ☐ Ensure you are dressed in full M-SAP club uniform
- ☐ Pack your kit, including drink bottle
- ☐ Arrive to the match early and with a positive attitude
- ☐ Respect coaches, team volunteers, Game Leaders, and opposition players
- ☐ Be a good team mate
- ☐ Abide by the rules
- ☐ Have fun





Coaching Scenarios: One team is dominating

- ❑ Both team coaches should work together to manage the situation in the event of a mismatch.
- ❑ Coaches can introduce rules to challenge players, such as:
 - ❑ maintaining possession for Xmins before shooting,
 - ❑ each player getting a touch/pass before shooting,
 - ❑ use of opposite foot only, one-touch passing only,
 - ❑ only certain players allowed to shoot,
 - ❑ player positional changes,
 - ❑ Mixing teams up.
- ❑ Consider whether objectives for the match need to be amended





Coaching Scenarios: Offside

- ☐ Offside education should be incorporated during training sessions, encourage players to move out of offside positions
- ☐ Players standing in deliberate offside positions should be rectified by coaches in the first instance.
- ☐ Game Leaders can and should call a free kick when players are in deliberate offside positions.
- ☐ Marginal instances of offside should be pulled up by the Game Leader





Coaching Resources

- [FA Skill Training Participant Manual](#)
- [FA Skill Acquisition Manual](#)
- [PlayFootball Skill Acquisition Phase Sessions](#)
- [PlayFootball Skills Hub \(At Home Challenges\)](#)
- [Northern NSW Skill of the Week Practices](#)
- [Tips for Developing Physical Literacy – Sport Australia](#)



Kevin Guardado Amaya
Community Football Manager
Macarthur Football Association
kevin@macarthurfootball.com.au