

MiniRoos (U5-U8) Coaching Guide: Training and Matchday



FOOTBALL
DEVELOPMENT

ABOUT THE MINIROOS PHASE

- The first and most important step is to take the word ‘coach’ out of your mind. Your role is summed up as a facilitator of fun, safe and engaging games. Just let them play!
- Create an environment that encourages children to freely express themselves
- Provide ample opportunities for children to experience success
- Encourage children to improvise and be creative with the ball at their feet
- Develop children’s passion and love of football

THE GAMESOLOGY FRAMEWORK

(a way to run your training session)

SMALL-SIDED GAME (5-10 mins)

- Establishes an easy arrival routine of playing a game
- A FUN way to commence a practical session
- Caters for any numbers of players that attend a session

FUN FOOTBALL GAME (5-10 mins)

- Child friendly games that are related to game of football
- Children to develop skill in fundamental movements
- Focus on providing players with lots of repetition

SMALL-SIDED GAME (with variation) (5-10 mins)

- Return to original small-sided game with slight variation
- Introduce scoring system as an incentive to encourage certain actions but doesn’t restrict freedom of expression

PHYSICAL LITERACY GAME (5-10 mins)

- Development of physical literacy (movement skills)
- All children have potential to be competent and confident
- Flexible to adapt to different development levels

SMALL-SIDED GAME (5-10 mins)

- Return to original small-sided game
- Let them play! Praise and encourage desired actions!

TRAINING TIP: THE “GOOD” PRINCIPLE

(aspects to consider in your session; is it a GOOD session?)

Acronym	Principle	Checklist
G	Goals	Are there goals (or objectives) in the game?
O	Opponent	Are there opponents in the game?
O	Opportunities	Do the activities enable everyone to experience success?
D	Directional	Is the game directional?

TRAINING TIP: CHANGEIT

(if players are enjoying and engaging with the game, let them play! If not, CHANGEIT)

C	Coaching Style: Coach on the run without stopping the game; provide feedback during break of play or drink break; use players as role models
H	How You Score/ Win: Increase opportunities to score and provide incentive for both attackers and defenders to increase competitiveness
A	Area: Increase or decrease the game challenges by changing the size/ shape of the playing area
N	Numbers: use different team numbers to help achieve your session objective (e.g., have less defenders in attacking-focused activity)
G	Game Rules: change the rules slightly (e.g., if a different player scores the next goal for their team, it is worth 3 points)
E	Equipment: for example, bigger goals, smaller goals or more goals
I	Inclusion: Engage players in modifying the practices; provide opportunities for all players to experience FUN and success
T	Time: Reduce or extend the time to perform actions; (e.g., team must score within 10 seconds)

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TRAINING AND MATCHDAY TIPS

(aspects to consider at each phase of training and matchday)

Pre-Practice/ Match:

- Arrive early to set up your activities and games
- Greet every child with a smile and acknowledge each one by name; your attitude will reflect in the children, so it is important to keep positive!
- As each child arrives, get them organised into a small-sided game
- Create a culture where you communicate with parents in a positive way

During Practice/ Match:

- Create an environment that encourages children to freely express themselves
- Praise effort, not ability
- Encourage children to improvise and be creative with ball at their feet
- Model good sportsmanship-like behaviour

Post-Practice/ Match:

- Develop a habit to get players to support you in packing up
- Create a culture where players show gratitude towards opponents, referees
- Farewell every child with a positive comment about their effort and attitude
- Encourage each child to practice a FUN home skill (e.g., juggling, dribbling)



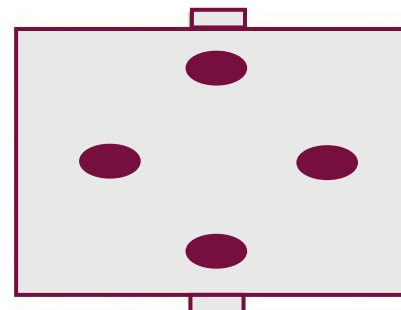
QR CODE: link to Football Australia's Skills Hub which includes a number of ideas on at-home practices players can complete based on the four core skills

Challenges need to be tailored to each player's abilities

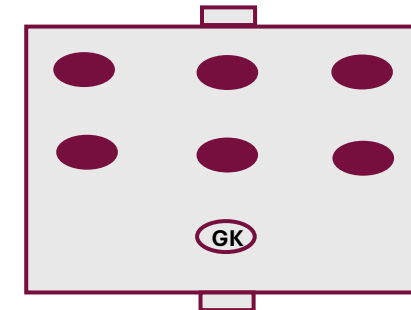
MATCHDAY TEAM TIPS

(what shape might you use for team line up?)

U5-U7: 4 vs 4 (Diamond)



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



DO'S AND DON'TS

Do's:

- Welcome all families and encourage parental involvement where appropriate
- Get to know your players and their parents, their needs and wants
- Keep children excited about the session/ game and playing football
- Use simple and appropriate child-friendly language supported with clear demonstrations/ instructions
- Ensure all players are equally valued regardless of gender, ethnicity or ability

Don'ts:

- Training children as adults; having a win-at-all costs mentality
- Not encouraging children to make decisions for themselves

For more information and extra support, contact Matt Rootsey, Football Development Manager at Macarthur Football Association, via email on matt@macarthurfootball.com.au