

# THE COACH'S COLLEAGUE



BROUGHT TO YOU BY:

# ALPHA GEAR

OFFICIAL GOAL SUPPLIER TO THE BDSFA

**A COMPREHENSIVE GUIDE FOR  
GRASSROOTS COACHES OF  
PLAYERS AGED 5-12**





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# FOREWORD

Welcome to the first edition of “The Coach's Colleague”. By producing this guide, the BDSFA is seeking to assist and provide inspiration to the 500 or so volunteer Minirooms coaches that take to the field over the course of a season. I would like to acknowledge our official goal supplier, **Alpha Gear**, who have very generously sponsored this manual, which has enabled us to print a hard copy for every Minirooms coach in Blacktown.

Minirooms football spans two of the most crucial phases of player development; the discovery phase, where players enter the game and fall in love with it, and the skill acquisition phase where lifelong technical skills are introduced and refined.

Coaching these age groups is incredibly rewarding, but it can also be challenging. Player characteristics change rapidly depending on age and so it stands to reason that different outcomes are sought depending on which grade you find yourself coaching in.

The association has three distinct categories in the Minirooms phase; Under 5 & 6, who play 4 v 4 with no goalkeepers, Under 7, 8 & 9, who play 7 v 7 with the introduction of goalkeepers and Under 10 & 11, who play 9 v 9. This guide aims to provide a suite of appropriate training sessions for each of these groups which have the game as the teacher, and different themes that look to get away from the 'line drills' of the past to help keep players engaged while they learn.

In addition to providing resources such as this, we will be delivering community football coaching courses throughout Blacktown at the beginning of each season with the aim of ensuring that coach education is accessible to everyone who needs it, both at the right time of year and without the burden of having to travel to Blacktown Football Park for courses.

Thank you for stepping up to the plate this season to coach a team. Grassroots sport is heavily reliant on the volunteer spirit of our community members, and without you we would not be able to administer competitions for some 5,000 young players aged between 5 and 11. I hope you have a fantastic season and that this resource is of great use to you.

Owen Liiv  
General Manager  
Blacktown & Districts Soccer Football Association



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# PURPOSE & OBJECTIVES

The BDSFA is seeking to assist with the provision of a consistent, coordinated approach for Minirooms program delivery across its 24 Member Clubs that promotes player and coach development in a key age group.

The main aim is to provide all Minirooms players with high quality football experiences that increase passion for the game while enhancing fundamental movement and playing skills. Through this initiative, players will experience age appropriate games and coaching in a program that is specifically tailored to meet their wants and needs.

By providing standardised playing formats, clear outcomes and training recommendations for each age group between U5 & U11 we can achieve a base level in terms of quality as well as providing support for volunteer coaches.

The importance of providing quality programs for players in this age cannot be underestimated, buy in from our Member Clubs and their coaches in will ensure the experience of playing football in Blacktown creates technically competent footballers who develop a lifelong love of our sport.

## ALIGNMENT OF MINIROOMS PROGRAMS

1. Provide an aligned and coordinated approach to player development
2. Provide structures and guidelines to help improve that standard of Minirooms program delivery in Blacktown

## DELIVER A HIGH QUALITY EXPERIENCE

1. Ensure the needs of players are met across the “Four Corners”; Physical, Psychological, Technical and Social
2. Provision of age appropriate activities that enhance player development and foster a passion for football

## INCREASE PARTICIPATION & SKILL LEVELS

1. Create more opportunities for players where they have a ball at their feet in football situations
2. Develop physical foundations and technical competencies to raise the standard of play at all levels



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# WHAT IS MINIROOS FOOTBALL?

**Small Sided Games (SSGs) play an essential role in player development at the grassroots level.**

Within the BDSFA and around Australia, Minirooms football incorporates all ages between Under 5 and Under 11. Teams compete against other teams within their age group but no scores are recorded and no league tables are kept over the course of a season. Throughout the Minirooms phase, SSGs are played with the number of players on each team dependant on the age group.

The rationale behind using SSGs is that players will get more touches and more time on the ball, which means they have more practice of the core skills they need to develop. The long term goal is for players to compete in the 11-a-side format, which takes place at Under 13 within the BDSFA, therefore a staged approach is applied:

<b>U5 &amp; U6</b> <b>4 V 4</b> <b>No GKs</b> <b>2 x 1m Goals</b> <b>20(W) x 30(L)m Pitch</b>	<b>U7, U8 &amp; U9</b> <b>7 V 7</b> <b>Gks</b> <b>3x2m Goals</b> <b>30-40(W) x 40-50(L)m Pitch</b>	<b>U10 &amp; U11</b> <b>9 V 9</b> <b>Gks</b> <b>5x2m Goals</b> <b>40-50(W) x 50-60(L)m Pitch</b>
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Minirooms football is designed to be a fun, non-competitive environment for young players to learn about football as well as developing physical and social skills. By playing on smaller fields with less players we allow each player on the field to have more touches and more time with the ball, allowing for more repetition of the core skills.

By removing the focus on results and ladders in these age groups we create an environment where young players can try new skills, be creative and enjoy the experience. Mistakes are part of the game and players learn from them if they are in an environment that encourages their efforts and celebrates their successes.

At this age and stage of player development, teams at the grassroots levels are usually coached and managed by volunteer parents with varying levels of footballing experience. The aim of this document is to provide all Minirooms coaches in the Blacktown district with a reference point which, when coupled with coach development opportunities through formal/informal channels, will raise the standard of program delivery across all 24 clubs.





**“Within the BDSFA, we want to provide every Miniros coach with the tools to deliver a high quality, age appropriate development program at their club. The ultimate goal is to help young players fall in love with football and improve their technical ability through the four core skills so that they are equipped for long term participation in the game.”**

**Kyle Jordan,  
BDSFA Head of Football**



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# BDSFA COACH DEVELOPMENT

The BDSFA is committed to providing coach development, support and resources to all coaches in the Blacktown LGA both within our representative programs and throughout community football. Football Australia use a structured and progressive coach education pathway to reach the whole of football and provide a pathway for coaches at all levels, age groups and abilities. Formal Football Australia coaching courses allow us to improve the level of football knowledge and understanding in the region.

The BDSFA work closely with Blacktown Spartans FC to host community coaching courses at a number of locations across the district for our 24 Member Clubs. The diagram below shows the coach education pathway in Australia.



In 2024 Football Australia implemented significant changes to the coach education pathway at a grassroots level, removing the Skill Acquisition and Game Training certificates, replacing them with one entry level qualification covering all bases; the Foundation of Football. As a district association responsible for the administration of the game in Blacktown, the BDSFA is now responsible for the delivery of two grassroots coaching courses; Miniros Certificates, which is aimed at parent coaches for U5-U11 teams and the Foundation of Football.

Additionally, the BDSFA is seeking to establish a coaches network among its 24 Member Clubs with a view to promoting the exchange of ideas, providing access to resources and supporting continuous learning in Blacktown for those wishing to step into the dugout.



## MINIROOS CERTIFICATE

This entry level course is entirely practical and encourages coaches to create a games based approach to football training that focuses on enjoyment.

The core principle is that players learn by playing football, so the objective of a Minirooms coach is to create enjoyable football activities that maximise time on the ball.

This course aimed at volunteer parents who are coaching players up to 10 years old. There is no cost to register and the BDSFA hold these courses at our club grounds



## FOUNDATION OF FOOTBALL

The first formal step on the coaching pathway combines theory and practical elements to help coaches conduct engaging training sessions in a safe, enjoyable environment.

Coaches participate in practical sessions that cover the basics of technique alongside learning basic principles of the game. There are also two online modules to complete.

the course is primarily aimed at Minirooms coaches, but is applicable to all age grades and is a prerequisite for the AFC/FA C Licence, the first step on the advanced pathway.



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# STAGED PHASES OF PLAYER DEVELOPMENT

The BDSFA distinguishes four main phases of player development, which are then broken down further into seven stages; Discovery, Skill Acquisition, Game Training and Performance. This framework provides practical guidelines for coaches working at all levels of the game within our association. The main aims of this are to:

1. Develop technically proficient players
2. Develop tactically aware, proactive players
3. Develop and continually improve football in Blacktown

## PERFORMANCE

### STAGE 7. STABILISING BEST PRACTICE

### STAGE 6. PERFECTING BEST PRACTICE

## GAME TRAINING

### STAGE 5. PREPARATION FOR GAME TRAINING

### STAGE 4. SHAPING THE PLAYER

## SKILL ACQUISITION

### STAGE 3. FOOTBALL SPECIFIC SKILL ACQUISITION

## DISCOVERY

### STAGE 2. PLAYFUL TECHNICAL SKILL ACQUISITION

### STAGE 1. FUNDAMENTALS



It is clear from this chart that player development is a lengthy process, similar to school;

Discovery Phase = Preschool/Kindergarten  
Skill Acquisition Phase = Primary School  
Game Training Phase = Secondary School  
Performance Phase = Tertiary Education

Information to players is given in stages so they are not overwhelmed - like school, the process of learning takes place over multiple years. The aim in Minirooms is to create positive footballing habits in our players, so that when players progress to the next phase, skills can be executed quickly and instinctively.

ST PERFORMANCE	20+ YEARS OLD
ST PERFORMANCE	
OR HIGHEST PERFORMANCE	16-19 YEARS OLD
LAYER OF THE FUTURE	13-15 YEARS OLD
IFIC BASIC TRAINING	9-12 YEARS OLD
NICAL TRAINING	7-8 YEARS OLD
S	4-6 YEARS OLD



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# SMALL SIDED GAMES

Football around the world has embraced the adoption of small sided game formats for young players in recent years, and they provide a fantastic opportunity for grassroots clubs to develop technically proficient, creative footballers across the BDSFA.

Studies confirm that children enjoy small sided games more, and learn more from playing in a format adapted from the 11-a-side game with simplified rules. Simply put, small sided games provide more involvement, more touches and more decision making for those taking part.

As you will see over the next few pages, the needs of a junior footballer differ greatly between the ages of 5-11, but they also differ significantly from the needs of adult players when the “Four Corner Development Model” (Physical, Psychological, Technical and Social). The implementation of small sided games helps players develop a love for our sport and will hopefully mean they stay in our game for longer, ensuring they pass their enthusiasm for football down to the next generation.

The table below summarises research undertaken in small sided games and highlights the benefits of this approach to Miniroos football:

<b>SCORING GOALS</b>	More goalscoring opportunities, more goals in games
<b>DRIBBLING ABILITY</b>	More attacking moves to beat an opponent across all formats
<b>TOUCHES ON THE BALL</b>	4 times more touches in 4v4 than in 11v11, 50% more in 7v7
<b>1 V 1 SITUATIONS</b>	Double the 1v1 situations in 7v7 than 11v11
<b>PASSING FREQUENCY</b>	Double the passing frequency in 7v7 compared to 11v11

Source: Northern Region Football (NZ) Junior Football Handbook, 2024



## TECHNICAL

1. More touches on the ball
2. More 1 v 1 situations
3. Closer ball control required
4. Increased ball and game speed



## PHYSICAL

1. Greater involvement & physical load
2. More active for longer periods in the game
3. Better use of fundamental movement skills
4. Less power and strength required



## PSYCHOLOGICAL

1. More goals, resulting in greater confidence
2. Greater concentration levels required
3. More decision making opportunities
4. No league ladders = less pressure



## SOCIAL

1. More interaction in smaller groups
2. More enjoyment through more involvement
3. Greater roles for individuals in smaller teams
4. Promote intrinsic motivation over extrinsic





***“Studies confirm that children enjoy small sided games more, and learn more from playing in a format adapted from the 11-a-side game with simplified rules. Simply put, small sided games provide more involvement, more touches and more decision making for those taking part.”***



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# **BDSFA MINIROOS PROGRAM PRINCIPLES**

**1. ACCUMULATION OF TOUCHES**

**2. EARLY ENGAGEMENT**

**3. RECOGNISING DEVELOPMENT AGE**

**4. DEVELOPING PHYSICAL COMPETENCY**

**5. FOUR CORNERS APPROACH**

**6. AGE APPROPRIATE GAMES**



Underpinning the Minirooms framework are the following principles which provide us with a clear structure to provide effective football programs for players aged between 5 and 11.

### **Accumulation of Touches**

The BDSFA is seeking to create a structure for Minirooms that focuses on increasing the number of time spent playing and the number of touches on the ball. To maximise the limited time available to coaches for sessions, “one ball per player” exercises and standardised playing formats for games ensure players touch the ball as much as possible to build technical ability.

### **Recognising Development Age**

As players progress, differences in development ages will become apparent within chronological age groups. Through recommendations provided by the BDSFA to clubs, coaches and parents, we can all be more aware of the needs of young players at certain stages of their development.

### **Four Corners Approach**

Development across all four corners is fundamental to player enjoyment, competency and retention in football. The four corner development model also ensures that we improve the whole person. Although priorities differ between people and as players mature, the BDSFA has designed this program to support players holistically and educate coaches on how to facilitate this.

### **Early Engagement**

Instead of encouraging players to specialise in football at a young age, emphasis should be placed on the quality of experience for the participant, which will help them develop an intrinsic motivation and love of playing sport in general.

### **Developing Physical Competency**

Football is a fantastic sport to develop fundamental movements and promote physical literacy among young players. By participating in the Minirooms program, players will build the basic physical competencies required to participate in sport and can build on these in later life.

### **Age Appropriate Games**

The progression of games from 4-a-side to 9-a-side ensures players are able and ready to move to 11-a-side football. As with any learning, it is a staged process, smaller games provide more touches, more shots, more goals and more interactions between players!



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# HOLISTIC PLAYER DEVELOPMENT - U5 & U6

**Engaging children in a safe, fun and rewarding environment.** It is essential that players aged 5 and 6 are exposed to a high quality experience that is designed to meet their needs. More often than not, this will be their first exposure to organised football and this initiation phase should allow them to discover the game at their own pace, with heavy emphasis on fun and enjoyment.

**What do players at this age want and need?** The key to providing the best possible experience is understanding the needs of a child aged 5 or 6. Once we understand this, we can create a positive coaching and playing environment for them.



## TECHNICAL



## PSYCHOLOGICAL

CHARACTERISTICS	MEETING PLAYER NEEDS	CHARACTERISTICS	MEETING PLAYER NEEDS
<p><i>Low levels of familiarity with the ball</i></p> <p><i>Exposed to lots of other sports and activities</i></p> <p><i>Minimal knowledge of how the game is played</i></p>	<p>“Ball each” activities, with lots of touches provided</p> <p>Games involving fundamental movements and hand/eye coordination provided</p> <p>Allow players to make mistakes and provide appropriate support</p>	<p><i>Short concentration span</i></p> <p><i>High levels of imagination</i></p> <p><i>May not recognise when errors have been made</i></p> <p><i>Low levels of spatial awareness</i></p>	<p>Provide lots of short, sharp activities</p> <p>Use storytelling in games that encourage a players imagination</p> <p>Don’t highlight mistakes, educate players where necessary</p> <p>Provide appropriate sized playing areas</p>



## PHYSICAL



## SOCIAL

CHARACTERISTICS	MEETING PLAYER NEEDS	CHARACTERISTICS	MEETING PLAYER NEEDS
<p><i>Low levels of coordination</i></p> <p><i>High energy levels</i></p> <p><i>Strength is undeveloped</i></p>	<p>Integrate fundamental movement activities into games</p> <p>Include games with lots of movement</p> <p>Provide appropriate sized playing areas</p>	<p><i>Work as individuals as opposed to groups</i></p> <p><i>Very playful</i></p> <p><i>High levels of curiosity</i></p> <p><i>May respond emotionally to failure</i></p>	<p>“Ball each” activities focusing on the individual</p> <p>Exciting activities to play</p> <p>Encourage players to explore and try new things</p> <p>Do not focus on mistakes and encourage players to try again</p>



# HOLISTIC PLAYER DEVELOPMENT - U7 TO U9

**Players need to play fun games with lots of time on the ball.** As players enter this stage of their development, their experience should be filled with new and exciting challenges. Coaches can provide players with more game-specific challenges that are fun and exciting throughout a season, but also help lay technical foundations for players and promote physical literacy.

**What do players at this age want and need?** Generally, players aged between 7 and 9 will be motivated, enthusiastic and have a desire to be active. A coach should provide lots of variation, creating environments where players can learn and explore football through playing the game.



## TECHNICAL



## PSYCHOLOGICAL

CHARACTERISTICS	MEETING PLAYER NEEDS	CHARACTERISTICS	MEETING PLAYER NEEDS
<i>Football specific skills are just forming</i>	Lots of opportunities for high repetition practice	<i>Enjoy praise but sensitive to criticism</i>	Lots of praise and encouragement based on effort
<i>May be uncoordinated with the ball</i>	Provide as many activities as possible with a ball	<i>Shorter concentration spans</i>	Activities to keep children involved and engaged
<i>Low knowledge of how to join in off the ball</i>	Patience when players “bunch” and provide more balls to play with	<i>Enjoyment of fun games</i>	Attach stories to games and give players roles



## PHYSICAL



## SOCIAL

CHARACTERISTICS	MEETING PLAYER NEEDS	CHARACTERISTICS	MEETING PLAYER NEEDS
<i>Low levels of coordination</i>	Integrate fundamental movement activities into games	<i>Begin to engage with others</i>	Introduce “ball between two player” activities
<i>High energy levels</i>	Include games with lots of movement	<i>Excitable and playful</i>	Create opportunities for play before, during and after sessions
<i>Basic agility levels</i>	Provide opportunities for players to dodge, weave and change direction	<i>More focus on themselves instead of the team</i>	Structure activities that allow children to support each other



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# HOLISTIC PLAYER DEVELOPMENT - U10 & U11

**Training that looks like the game, encouraging children to be comfortable on the ball.** Games should be played with motivational and competitive challenges with a growing emphasis on the four core skills. The 9 v 9 game format is the final step before players progress to full field football, with results and ladders introduced in the U12 grades.

**What do players at this age want and need?** This is the stage where we should be seeking to embed a solid understanding of the four core skills for long term participation in football. The environment should be creative and promote a desire to enjoy football while being challenged and trying new things. Players are naturally more competitive but still love to play.



## TECHNICAL



## PSYCHOLOGICAL

CHARACTERISTICS	MEETING PLAYER NEEDS	CHARACTERISTICS	MEETING PLAYER NEEDS
<p><i>Core Skills may have been learned to a basic level</i></p> <p><i>Players will have basic understanding of team roles</i></p>	<p>Challenge players to perform basic skills with outside interference (defenders)</p> <p>Rotate players in games so they experience positional variety</p>	<p><i>Desire to try new skills, emulate heroes</i></p> <p><i>Basic problem solving abilities</i></p> <p><i>Individually competitive</i></p> <p><i>Understand winning and losing</i></p>	<p>Set challenges appropriate to ability, linked to player heroes</p> <p>Ensure activities contain game related decision making activities</p> <p>Praise effort more than outcome</p> <p>Promote positive behaviours when winning or losing</p>



## PHYSICAL



## SOCIAL

CHARACTERISTICS	MEETING PLAYER NEEDS	CHARACTERISTICS	MEETING PLAYER NEEDS
<p><i>More comfortable with contact in sport</i></p> <p><i>More committed in challenges for the ball</i></p> <p><i>Physical changes may occur at faster rates (girls especially)</i></p>	<p>Create 1 v 1 games with players holding off defenders</p> <p>Ensure a safe environment with shin pads and correct falling techniques</p> <p>Be aware of developmental stage and adapt sessions accordingly</p>	<p><i>Begin to understand team concepts and others</i></p> <p><i>Peer opinions become important</i></p> <p><i>Players develop an understanding of fairness</i></p>	<p>Allow lots of small group play opportunities</p> <p>Provide chances for players to praise/provide feedback to each other</p> <p>Ensure consistency when applying rules to training and games</p>

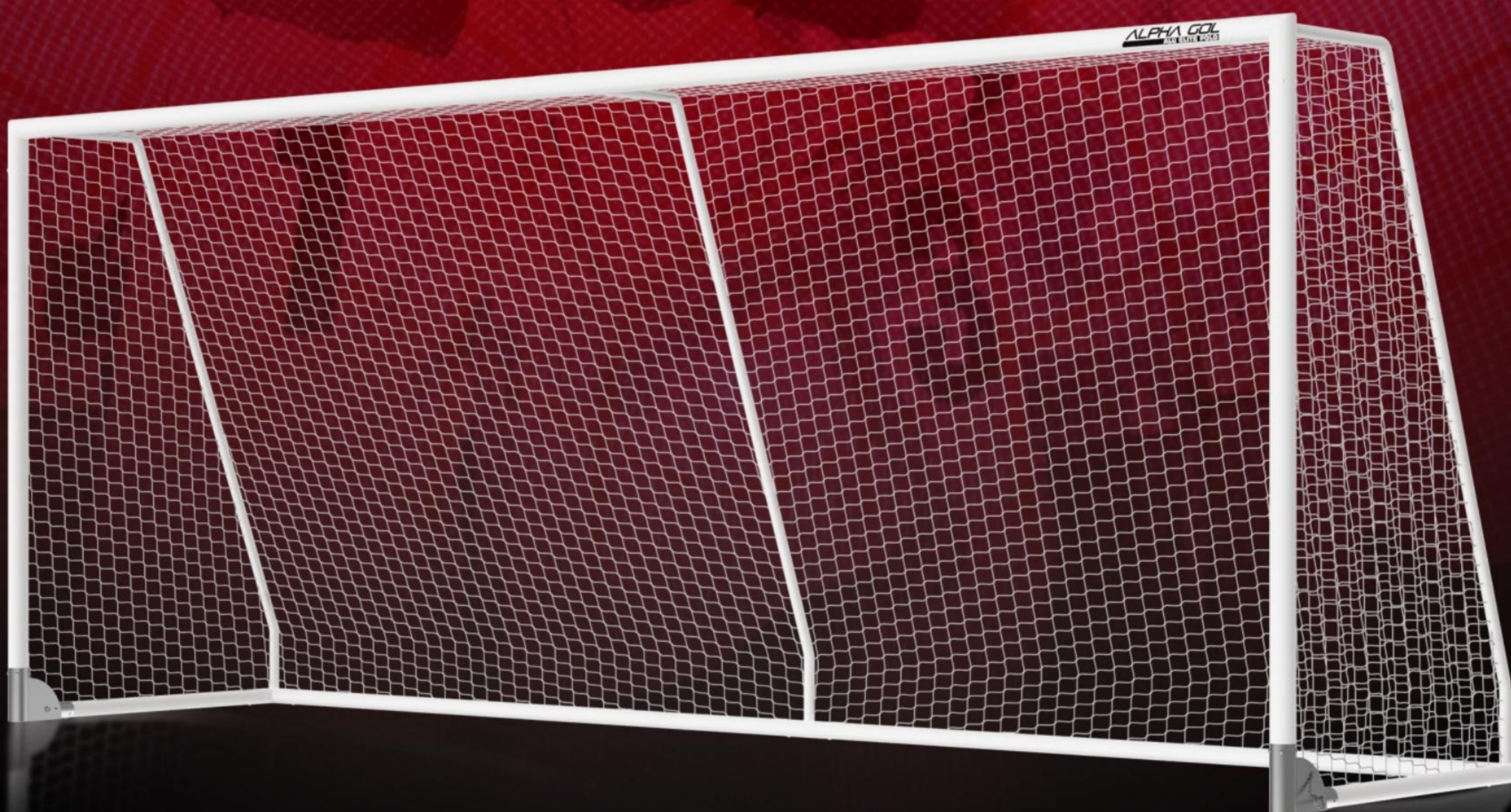


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# BDSFA MINIROOS TRAINING:

## U5 & U6, SESSION 1

### 1. WARM UP - CROSSING FROGS



#### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Circle in the area (pond) with cones scattered in the pond.
3. Players(Frogs) begin outside of the Pond without a ball.

#### HOW TO PLAY

1. Frogs move around the outside of the pond in direction dependant on coaches command.
2. When the coach shouts "cross the pond" Frogs must dodge the cones and get to the other side.
3. Frogs receive a point for getting across to the other side of the pond without touching a cone.

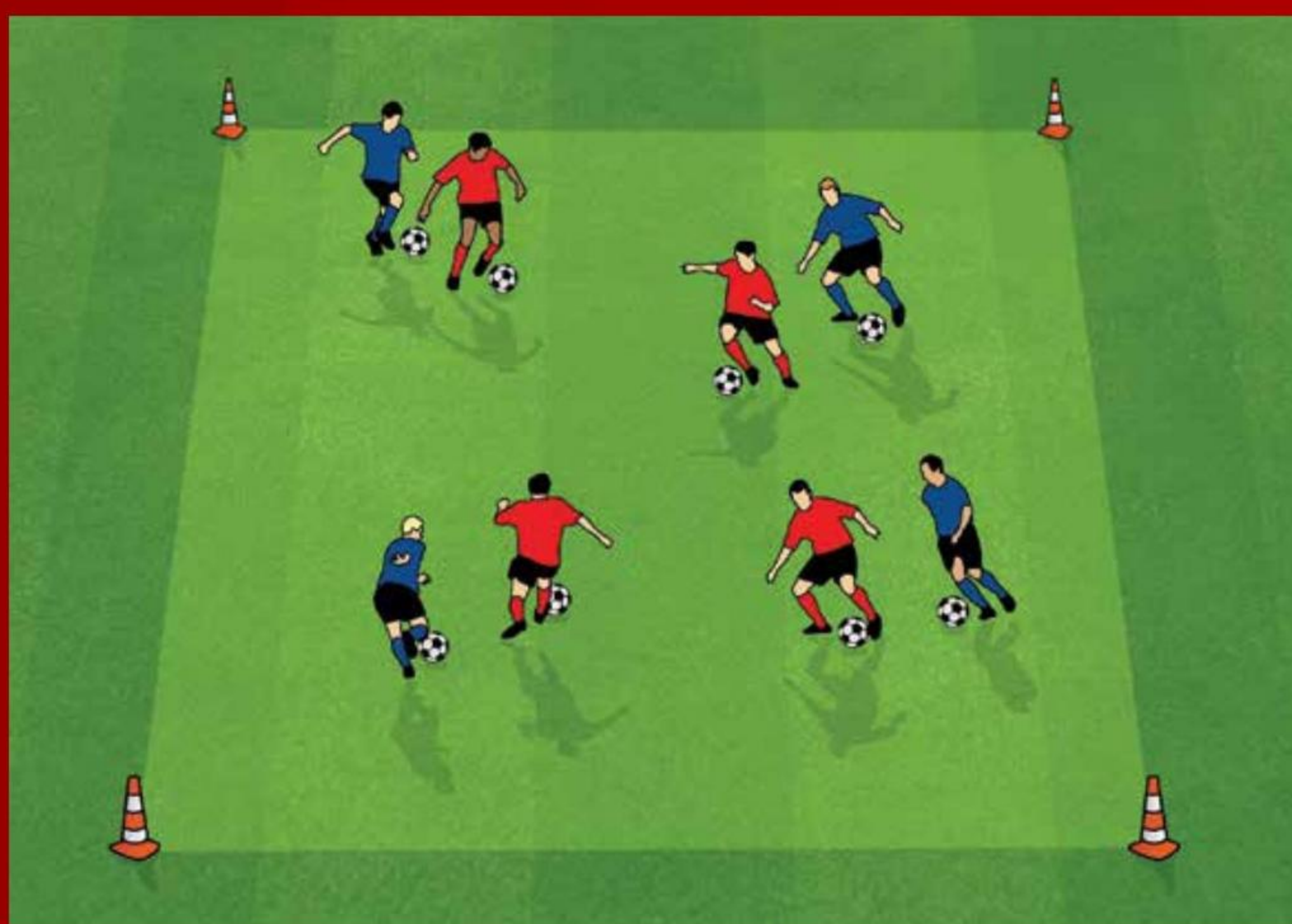
#### PROGRESSION

- Frogs asked to move backwards / sideways across the pond
- Frogs asked to jump across a number of cones in the pond
- Introduce ball for each Frog

#### OUTCOMES

- Keep their head up / Awareness
- Change of direction / pace
- Multi-directional movement / Jumping

### 2. TECHNIQUE - TRUCKS & TRAILERS



#### SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Split the players into pairs, each pair starts without a ball

#### HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' moving around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

#### PROGRESSION

- |               |                                   |
|---------------|-----------------------------------|
| BASIC:        | Add one ball between each pair    |
| INTERMEDIATE: | Each player has a ball            |
| ADVANCED:     | Trucks have more than one trailer |

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball



## 3. SKILL - RUNAWAY TRUCKS



### SETUP

1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.
2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine".

### HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
2. **"Green Light"** – Player begins to move
3. **"Red Light"** – Player stops
4. **"1st Gear"** – Player dribbles ball at slow pace
5. **"2nd Gear"** – Player dribbles ball at medium pace
6. **"3rd Gear"** – Player dribbles ball at fast pace
7. **"U-Turn"** – Player performs turn to face opposite way
8. **"Somebody's in the way!"** – Players make beeping noise

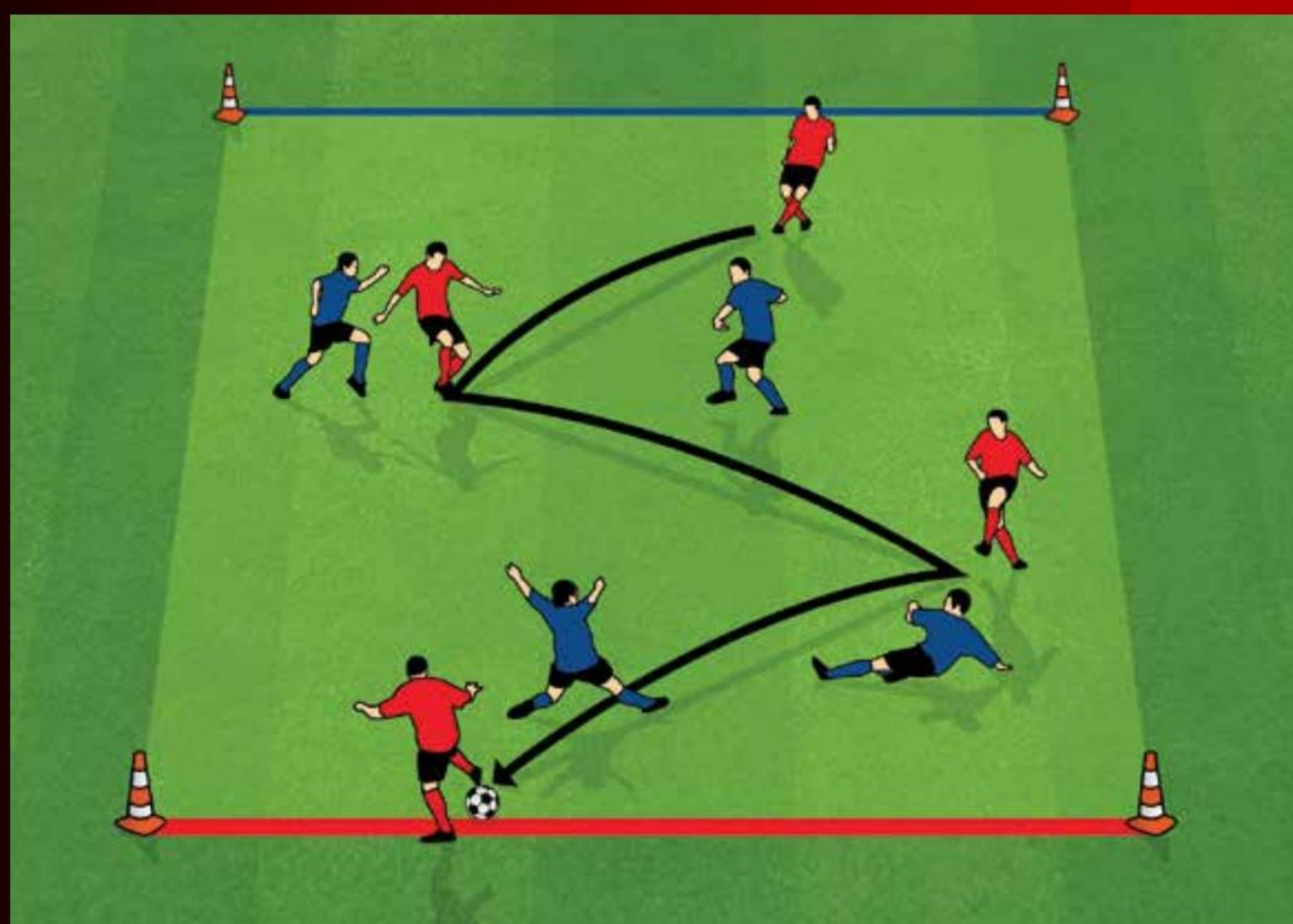
### PROGRESSION

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ("engines off road")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure

## 4. GAME - LINE BALL



### SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Assign each team a line to attack and defend
3. Place as many balls as possible around the area for fast re-starts

### HOW TO PLAY

1. In this SSG the teams 'score' when a player can stop the ball on the opposition's end line
2. When a team 'scores' they leave the ball on the opposition end line and retreat, allowing play to re-start from the line
3. There are no throw ins, rather the ball is passed in

### PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot
- ADVANCED:
1. Limit the number of touches players can have
  2. Specify the number of players that have to touch the ball before a 'goal' is scored

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players



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# BDSFA MINIROOS TRAINING:

## U5 & U6, SESSION 2

### 1. WARM UP - STATUES



#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.

#### HOW TO PLAY

1. Coach calls out a methods of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts "freeze" players must stop and hold their position with out moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

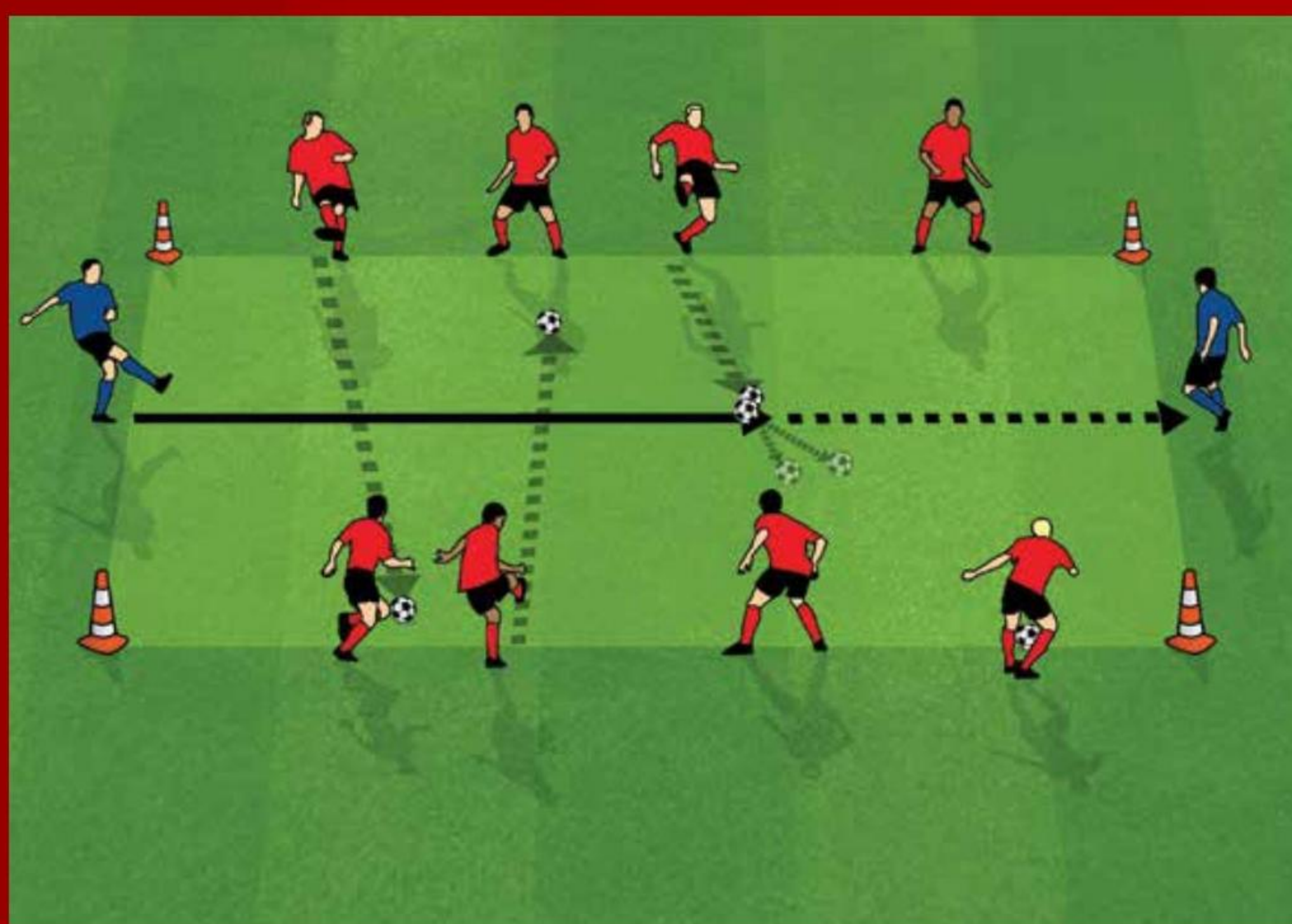
#### PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to "freeze", including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

#### OUTCOMES

- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

### 2. TECHNIQUE - TORPEDOES



#### SETUP

1. Area of up to 10 x 20m. This is "The Sea". Modify area depending on the number and age of players.
2. Players (Patrol Boats) are in pairs, with one ball (Missile) between two. Players are line up on opposite sides of the sea.
3. One pair of "Destroyer Boats" start at the narrow ends of the sea with a ball (Torpedo).

#### HOW TO PLAY

1. Destroyer Boats send their torpedo (pass their ball) to each other with each successful pass resulting in a point.
2. Patrol Boats fire their missile (pass their ball) at the Destroyer Boat's torpedo whilst it is in the sea. If they successfully hit the torpedo then they become the Destroyer boats.
3. The Pair of destroyer boats that completes the most passes wins.

#### PROGRESSION

- Players must use their right / left foot
- Destroyer boats must complete two successful Torpedo launches to get a point

#### OUTCOMES

- Surface of Foot used for the Pass (inside, outside, laces)
- Weight / Accuracy of passing
- Receiving the Ball



## 3. SKILL - GHOSTBUSTERS



### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (Ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area

### HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'Ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 sec.
4. The players continue dribbling after the 20 sec. is completed

### PROGRESSION

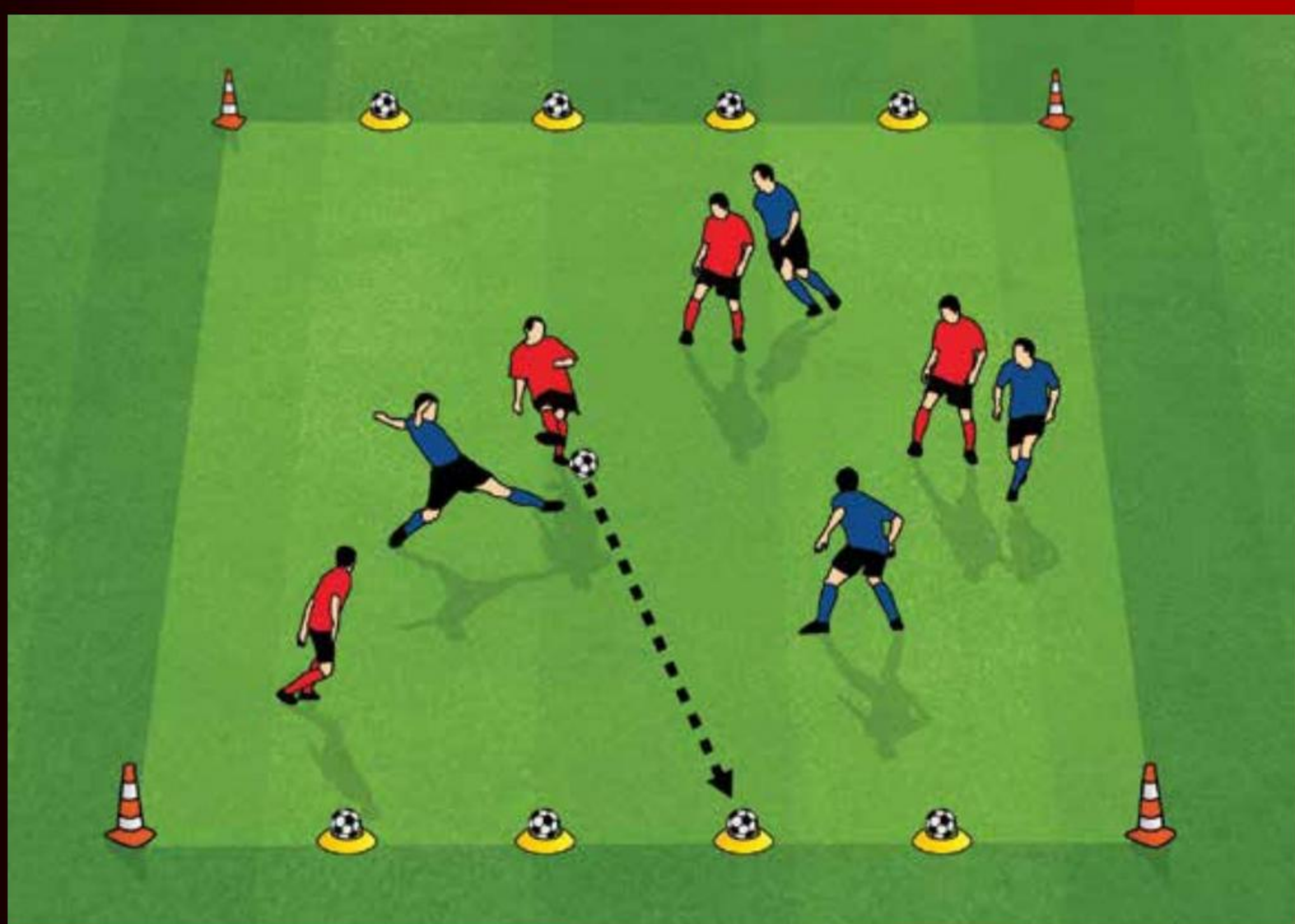
BASIC: Change the part of the foot used to dribble

INTERMEDIATE: Players can only 'shoot' with their non- dominant foot

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances

## 4. GAME - HIT THE TARGET



### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Divide the players into teams with bibs.
3. Have football around the area to restart match.
4. Place four target cones at each end of the pitch, with a football balancing on each.

### HOW TO PLAY

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones scoring 1 point each time
2. There are no throw ins, instead the ball is kicked in
3. Once a ball is knocked off the target cone it is replaced and match starts again

### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch
- Once ball is knocked off it is not replaced. First team to knock all four of oppositions footballs off target cone wins
- Place target cones inside the playing area

### OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot



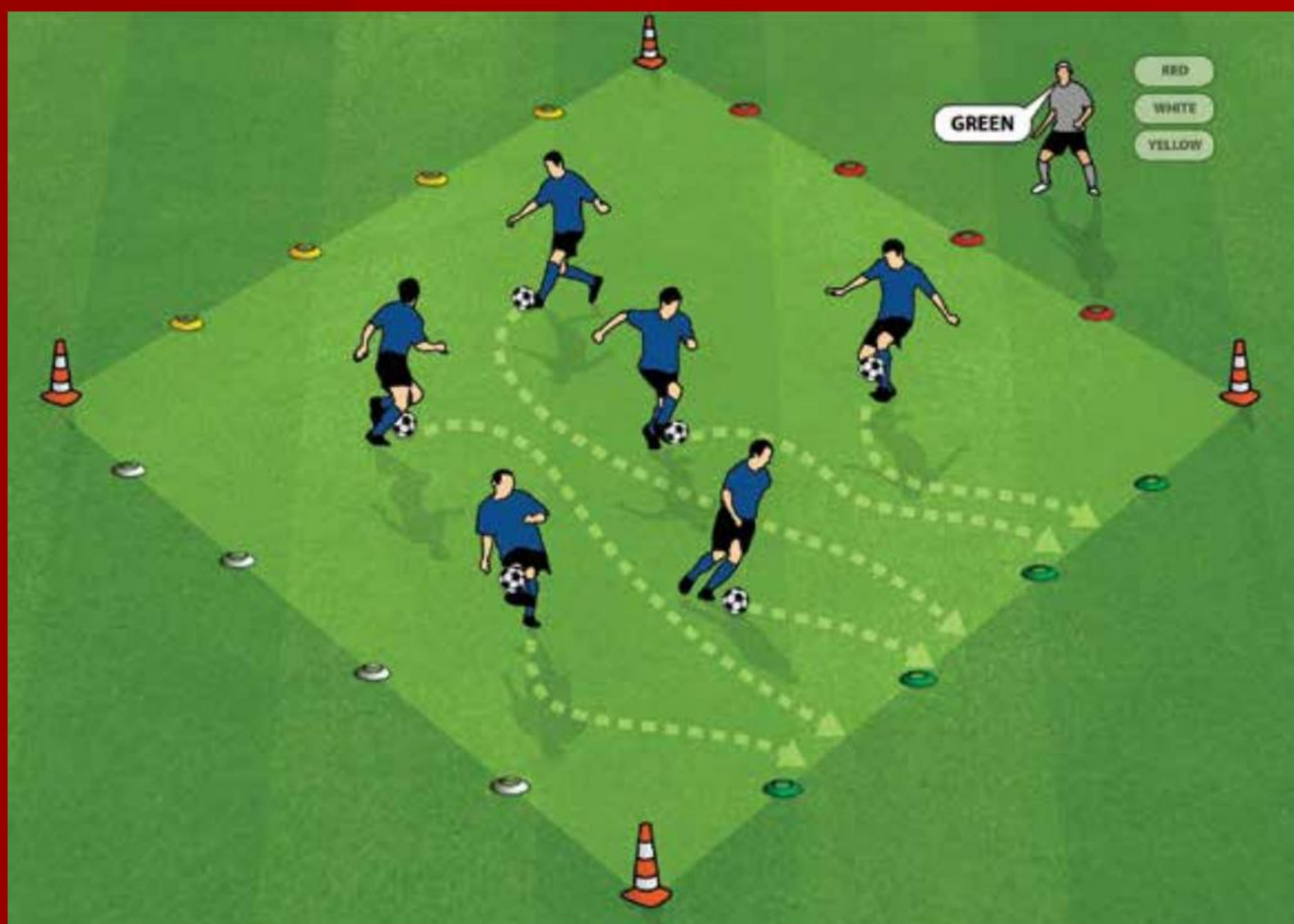
**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U5 & U6, SESSION 3

### 1. WARM UP - COMPASS RACE



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 outside lines to be set out using different coloured cones.
3. Players in the square with a ball each.

#### HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks.
2. When coach calls out a colour, players must dribble their ball to that colour line.
3. Players then continue to dribble around area.

#### PROGRESSION

- Award points for the first 5 players to get to the line.
- Coach calls another colour when players are on their way to a line (encourage turning).
- Add in a defender to guard a line.
- Players are not allowed to use the same turn twice in a row.

#### OUTCOMES

- Control the ball in the direction of a line or away from defenders
- Practicing lots of different turns
- Awareness of space to attack into

### 2. TECHNIQUE - CONNECT IT!



#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a ball each

#### HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball around the area. On your call, the players stop and listen to you calling out two body parts, which each child has to join together, while still controlling the ball
3. Examples include nose to knee, knee to foot, foot to head

#### PROGRESSION

- Ask the players to connect one body part to the ball
- Change the way players move with the ball, e.g. hopping or skipping

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Close ball control



## 3. SKILL - CATCH ME IF YOU CAN



### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Players are split into 4 teams. 3 of the teams have a ball for each player (Robbers).
3. 4th team without ball start 5m behind other players (Cops).

### HOW TO PLAY

1. When coach shouts "go" the robbers have to get to the other side without getting caught by the cops.
2. If robbers are caught they become cops and must try and catch robbers on a different team to theirs.
3. Next round starts from the opposite end.
4. Team with the last robber left wins.

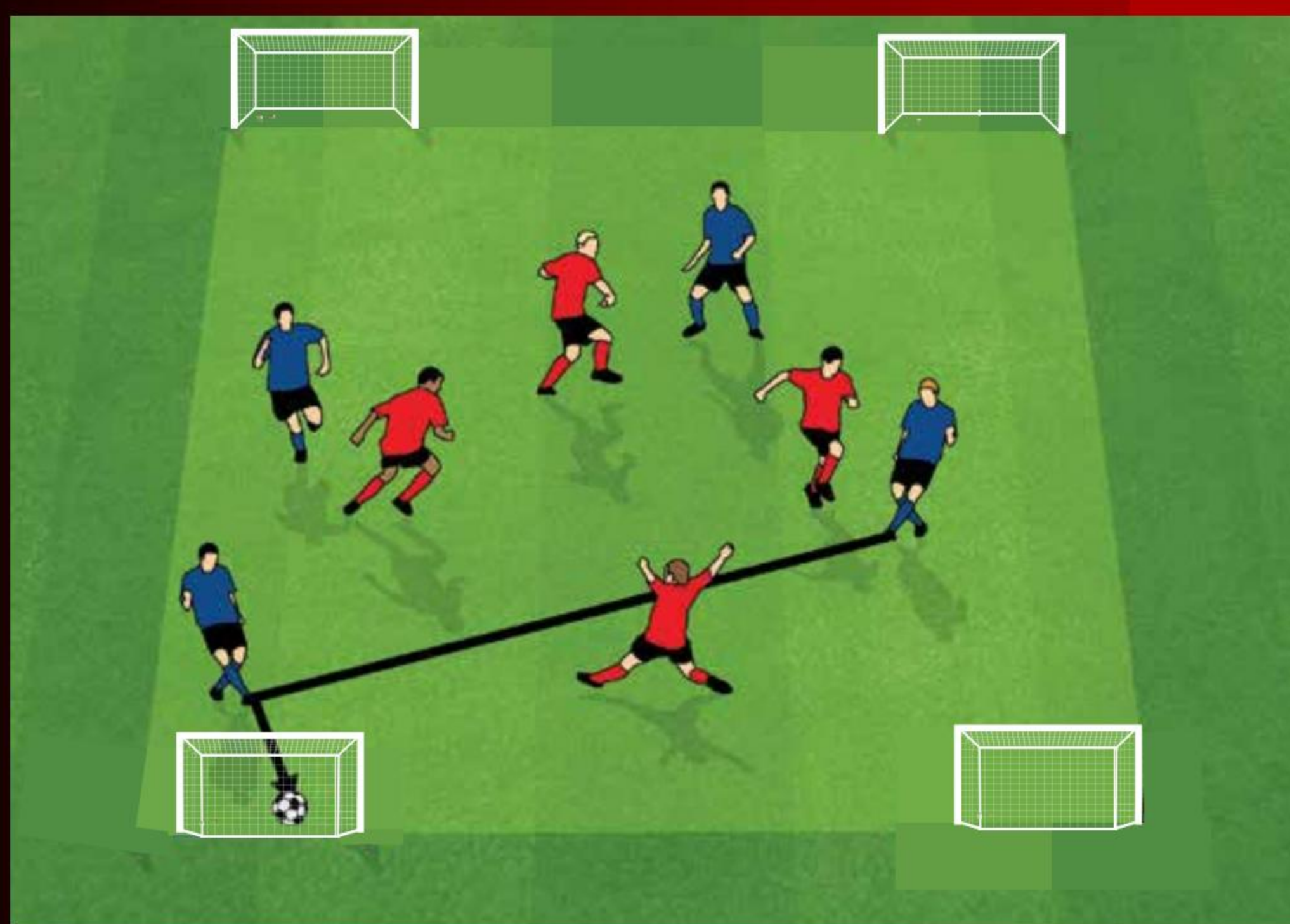
### PROGRESSION

- Bring in a ball each for cops
- Cops begin 3m away from the robbers
- Cops begin 2m away from the robbers

### OUTCOMES

- Vision / Keeping head up
- Dribbling
- Acceleration

## 4. GAME - 2 GOAL GAME



### SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Place 2 **Alpha Goals** at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

### HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

### PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot
- ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



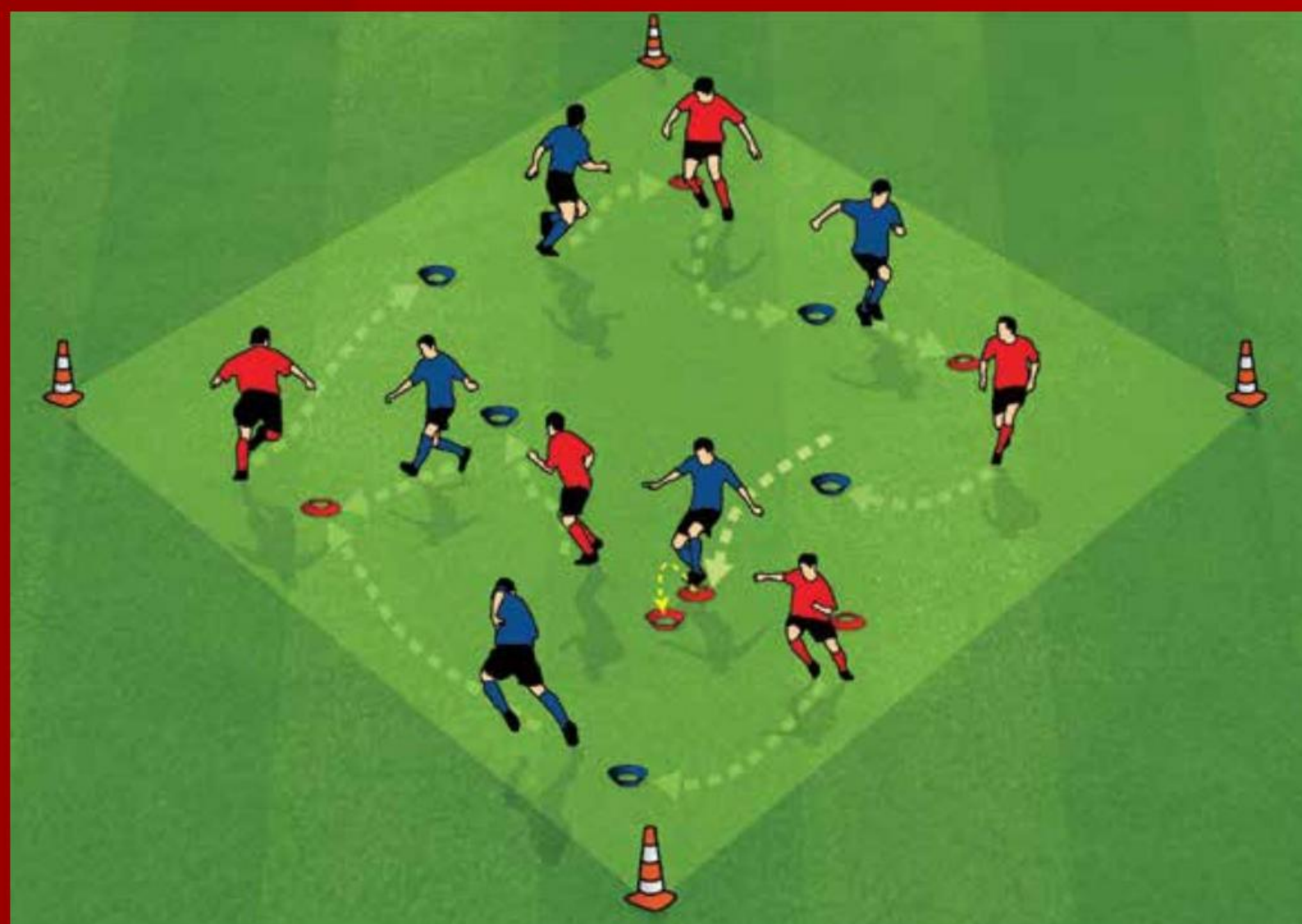
**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U5 & U6, SESSION 4

### 1. WARM UP - DOMES AND DISHES



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split group into 2 teams of equal numbers.
3. Each player is given one cone each
4. Players find a space in the square and place their cone on the floor. One team places the cone upside down as a 'Dish' and the other place it normally as a 'Dome'

#### HOW TO PLAY

1. Teams have 1 minute to turn as many cones into either 'Domes' or 'Dishes' (whichever their team represents)
2. After 1 minute, coach counts the amount of Domes/Dishes and awards a winner

#### PROGRESSION

- Encourage players to try different movements by creating new rules. e.g running backwards / side stepping between cones / jumping over cones before turning them over.
- Introduce a ball for each player to dribble.

#### OUTCOMES

- Mobility when changing direction at speed
- Movement in different methods - forwards / backwards etc
- Encourages teamwork
- Vision & spatial awareness

### 2. TECHNIQUE - FISHY, FISHY, FISHY!



#### SETUP

1. Area of up to 20 x 15m. Modify area depending on the number and age of players.
2. Players (fish) are gathered at shallow end of the sea (end of playing area) with or without a ball.
3. The coach (shark) stands in the deep part of the sea (middle of playing area) with a ball.

#### HOW TO PLAY

1. Shark begins game by shouting "Fishy, Fishy, Fishy come and swim in my sea".
2. Fish respond "Sharky, Sharky, Sharky you can't catch me" and try to swim (run or dribble) to the opposite shallow end of the sea.
3. Sharks try to "eat" the fish by passing their ball and hitting player's below the knee or the player's football.
4. If fish is "eaten", they become a shark. The last fish swimming is the winner.

#### PROGRESSION

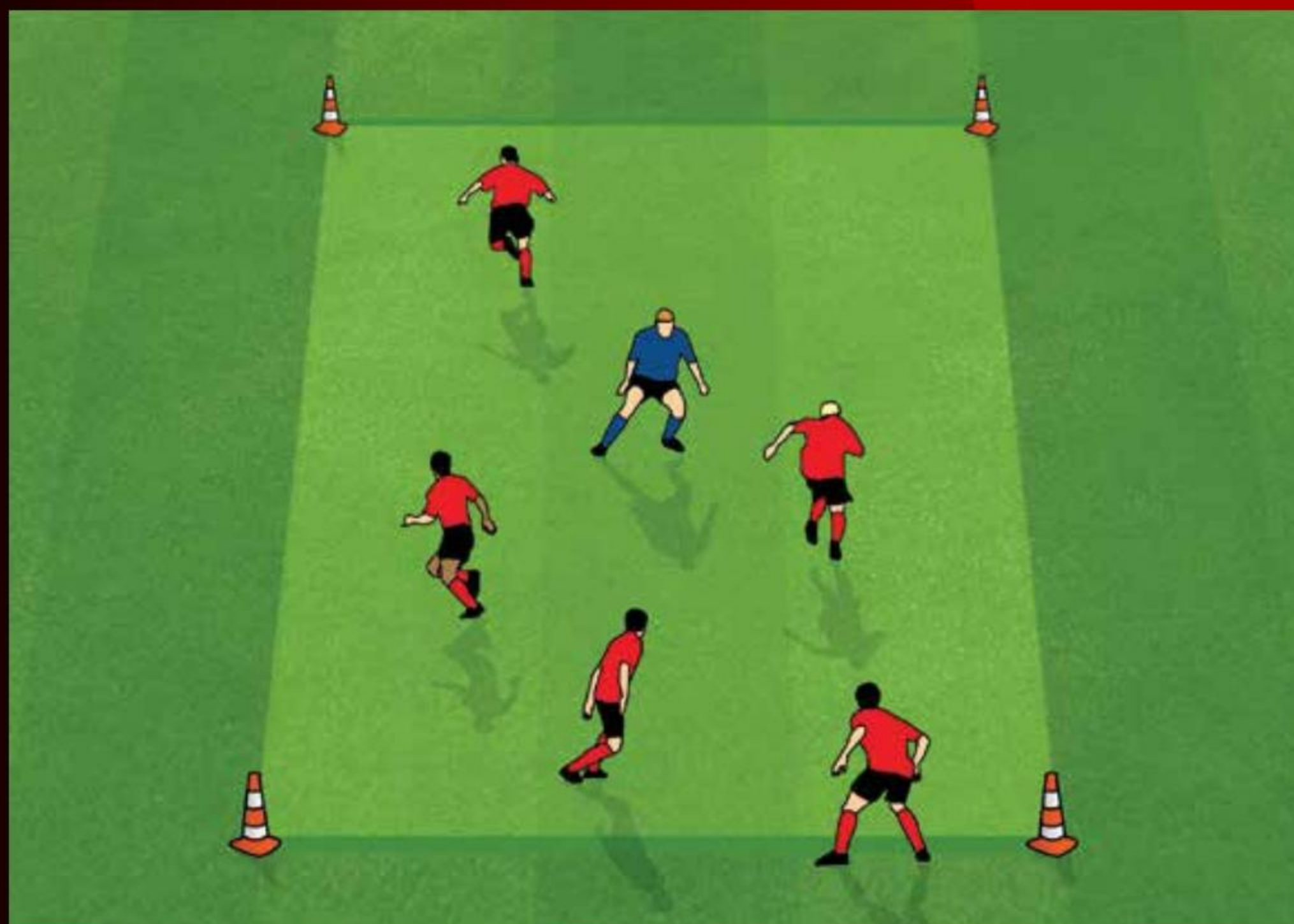
- Put fish in pairs with one ball between them. Fish must pass the ball to each other 3 times whilst swimming to other side.

#### OUTCOMES

- Dribbling under close control whilst using different parts of the foot
- Ability to change speed with the ball
- Ability to use different fakes / turns to disguise



## 3. SKILL - JAILBREAK



### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Choose one player to start in the middle as the 'police officer'
3. As soon as players understand the game, give every player a ball, except for the 'police officer'

### HOW TO PLAY

1. The player in the middle starts as the 'police officer'
2. On your signal the remaining 'robbers' run past the 'police officer' to the other end
3. Any player tagged by the 'police officer' must 'freeze' and stay on that spot trying to tag the other 'robbers' as they pass
4. The game ends when all 'robbers' are tagged. Start again with a new 'police officer'

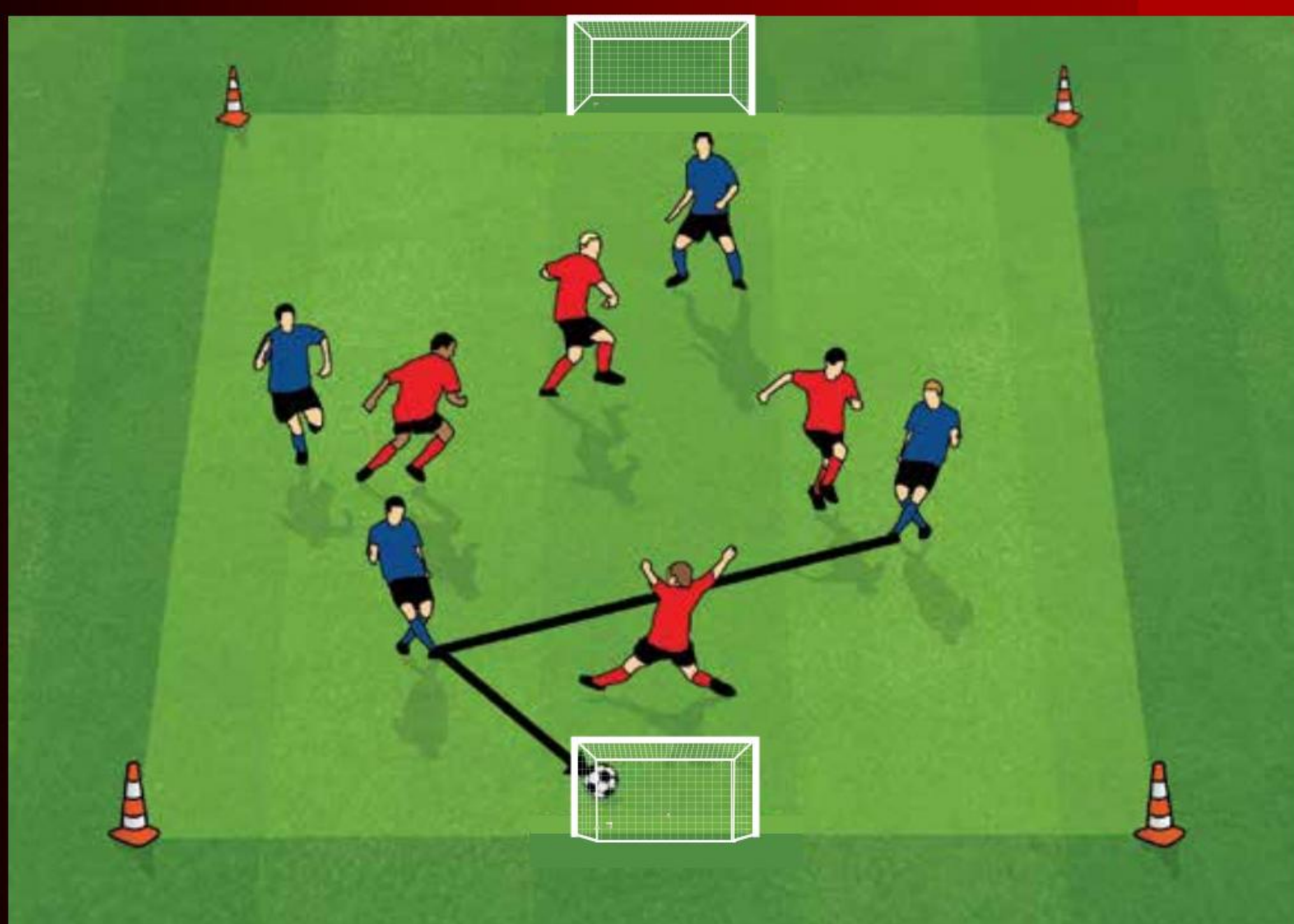
### PROGRESSION

- BASIC:** Start with more than one 'police officer'
- INTERMEDIATE:** All 'robbers' have a ball and the 'police officer' must tackle them or knock their ball out of the area

### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing of the tackle

## 4. GAME - 1 GOAL GAME



### SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Place one **Alpha Gol** at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

### HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the goal they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

### PROGRESSION

- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



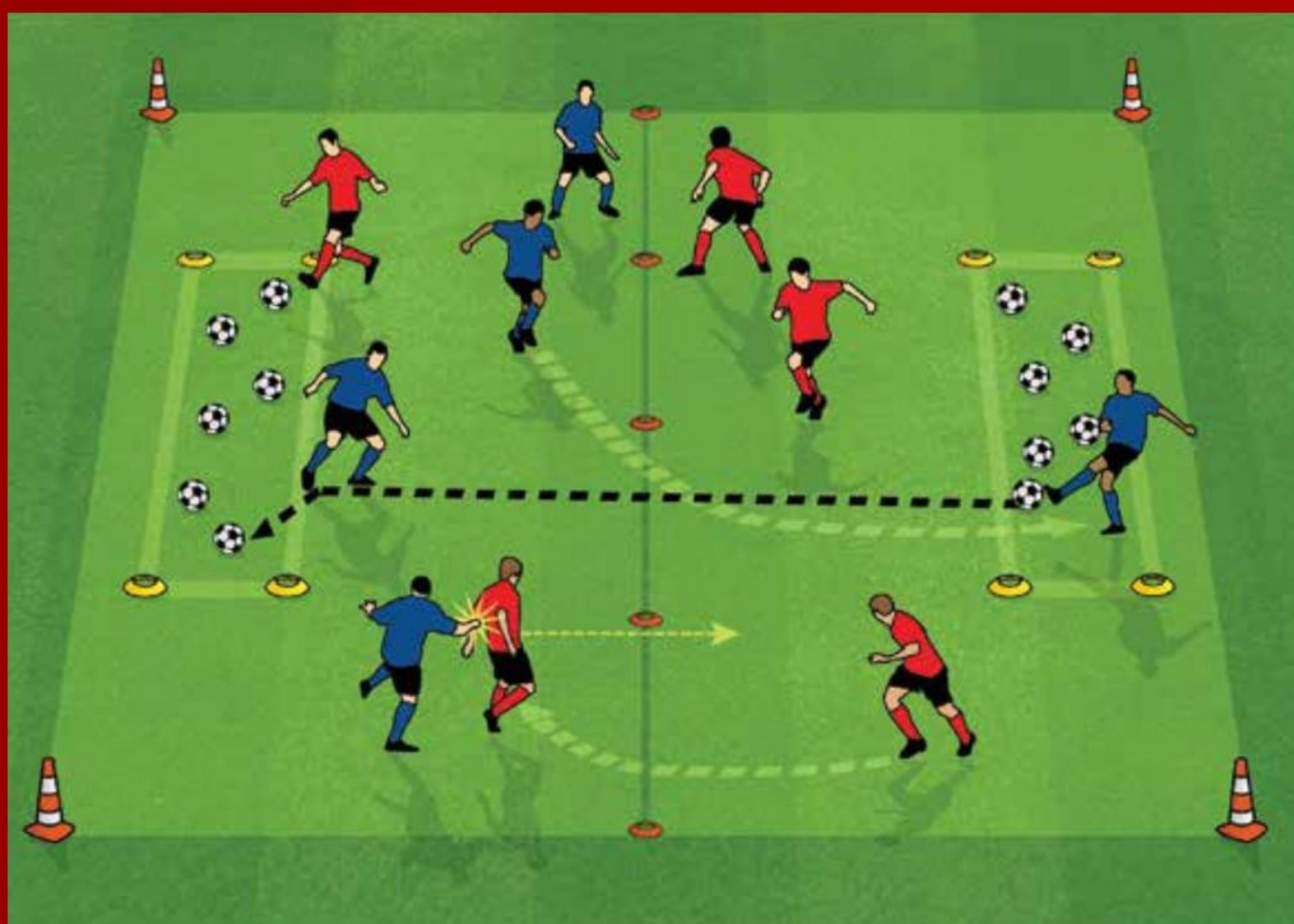
**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U7 - U9, SESSION 1

### 1. WARM UP - TREASURE ISLAND



#### SETUP

1. Area of up to 30 x 20m is the Island. Modify area depending on the number and age of players. Split area into two halves with a line of cones.
2. Make a square of cones (treasure chest) at each end and place half of the footballs (treasure) within the grid.
3. Split into even teams with bibs.

#### HOW TO PLAY

1. Players are pirates and they are safe in their own side of the Island.
2. Once pirates cross the centre line, the other team are allowed to tag them. Tagged pirate must return to their own treasure chest before attacking again.
3. Once players get inside the opponents treasure chest they are safe. They are allowed to dribble / carry one ball to their own side and place the ball within their own treasure chest.
4. Players are not allowed to stop opposition taking a ball back to their treasure chest.

#### PROGRESSION

- Players are allowed to pass one ball back to their treasure chest
- Players are allowed to stop the opposition dribbling / passing footballs back to their treasure chest

#### OUTCOMES

- Awareness
- Change of running pace / direction
- Teamwork
- Long distance passes

### 2. TECHNIQUE - CROSSING THE MINEFIELD



#### SETUP

1. Area of up to 20 x 20m (minefield). Modify area depending on the number and age of players.
2. Cones (Mines) are placed randomly in the minefield.
3. Group is split into 3 teams.
4. One team player is on one side of minefield, with team mates at the opposite side.
5. Balls starts with the group of team mates.

#### HOW TO PLAY

1. Each team player tries to pass their football through the minefield with out touching any mines. Passes must be made along the floor. If the ball hits a mine they must try again.
2. After a successful pass, players must run and jump over the minefield.
3. First team to successfully get all of their players across the minefield wins.

#### PROGRESSION

- Pass with left/right foot only
- Pass with inside/ outside / laces / back heel
- Teams must all cross the minefield twice

#### OUTCOMES

- Passing accuracy
- Fundamental movements - jumping, running etc
- Weight of Pass



### 3. SKILL - ZOMBIELAND



#### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Have smaller 5x5m square in the middle – this is “Zombie land”.
3. Coach begins as a Zombie, without a ball inside “Zombie land”.
4. All other players (“Humans”) are outside of the area with a ball each.

#### HOW TO PLAY

1. The Humans must try to dribble through zombie land without getting tagged (bitten) by the Zombie. Zombies are only allowed to move slowly.
2. If they get bitten by the zombie then they become one inside the smaller square.
3. Every successful trip through Zombie land gets a Human 1 point. 5pts means that a human can turn a Zombie back into a Human.
4. The only person that must remain a Zombie is the Coach.

#### PROGRESSION

- Start game with more zombies inside Zombie Land
- Zombies are allowed to move quicker
- A Zombie is allowed to live outside Zombie Land

#### OUTCOMES

- Dribbling with close control
- Vision & Awareness
- Change of direction & speed
- Team Work

### 4. GAME - ROUND THE GOALS



#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Divide the players into two teams with bibs.
3. Have footballs around the area ready to restart match.

#### HOW TO PLAY

1. In this game players score by passing / shooting in opponents goal.
2. There are no throw ins, instead the ball is kicked in.
3. When coach calls “Round the Goal”, whoever is in possession stops ball. Both teams run around the back of the goal they are attacking and back onto field of play. First player to get to the ball continues the game, with the teams now attacking in the opposite direction.

#### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch.
- Introduce Goalkeepers.

#### OUTCOMES

- Awareness of other players
- Passing over short distances
- Dribbling under control using different parts of the foot



**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U7 - U9, SESSION 2

### 1. WARM UP - FLAG TAG



#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts

#### HOW TO PLAY

1. Players chase each other around the area, attempting to take snatch the flag off other players
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they play on, trying to snatch other flags
4. The game ends when the last player has their own flag snatched
5. The winner is the player who captures the most flags

#### PROGRESSION

INTERMEDIATE: Create two teams to capture each others flags

ADVANCED: Give every player a ball to dribble while protecting their flag

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control

### 2. TECHNIQUE - SHADOW SHOOTING



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Each player has a partner in a different colour bib.
3. Pairs have a ball between them.
4. Red player begins with the ball.

#### HOW TO PLAY

1. Players in yellow move around the area. Players in red tries to keep up with them whilst dribbling.
2. When the coach shouts "freeze" the two players stop. The yellow player faces their partner and makes a goal using their legs. The red player tries to pass the ball between their legs to score a goal.
3. Players then change roles.
4. Play for a set time and see how many goals are scored.

#### PROGRESSION

- Players to dribble with left/right foot
- Use different surface of foot to shoot
- Rotate partners
- Players have to score between another partners legs

#### OUTCOMES

- Dribbling whilst changing direction
- Shooting Accuracy
- Decision Making – Shot Selection



## 3. SKILL - MAGIC MIRRORS



### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are giving a number each for each team.

### HOW TO PLAY

1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

### PROGRESSION

- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

### OUTCOMES

- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

## 4. GAME - FIRST TO FIRE



### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers stand either side of goal.
- 2 orange cones (5m apart) in front of coach with 2 footballs in between.
3. All players are numbered on each team.

### HOW TO PLAY

1. Players perform movements on line as requested by coach (jog on spot, star jumps etc).
2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
3. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.
4. Total team points score is kept by coach.

### PROGRESSION

- Place cones in the goal – if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- Decrease to 1 ball – both players will then need to compete for the one ball.

### OUTCOMES

- Accuracy of shooting
- Decision of type of shot – power, curl, chip etc
- Encourages working as a team / tactics



**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U7 - U9, SESSION 3

### 1. WARM UP - CONNECT FOUR



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 4 equal teams and provide them with a team name.
3. Players to begin standing around the outside of the area.

#### HOW TO PLAY

1. When coach calls out a team name they have to move to the opposite side and back.
2. Players move in different ways as instructed by the coach.

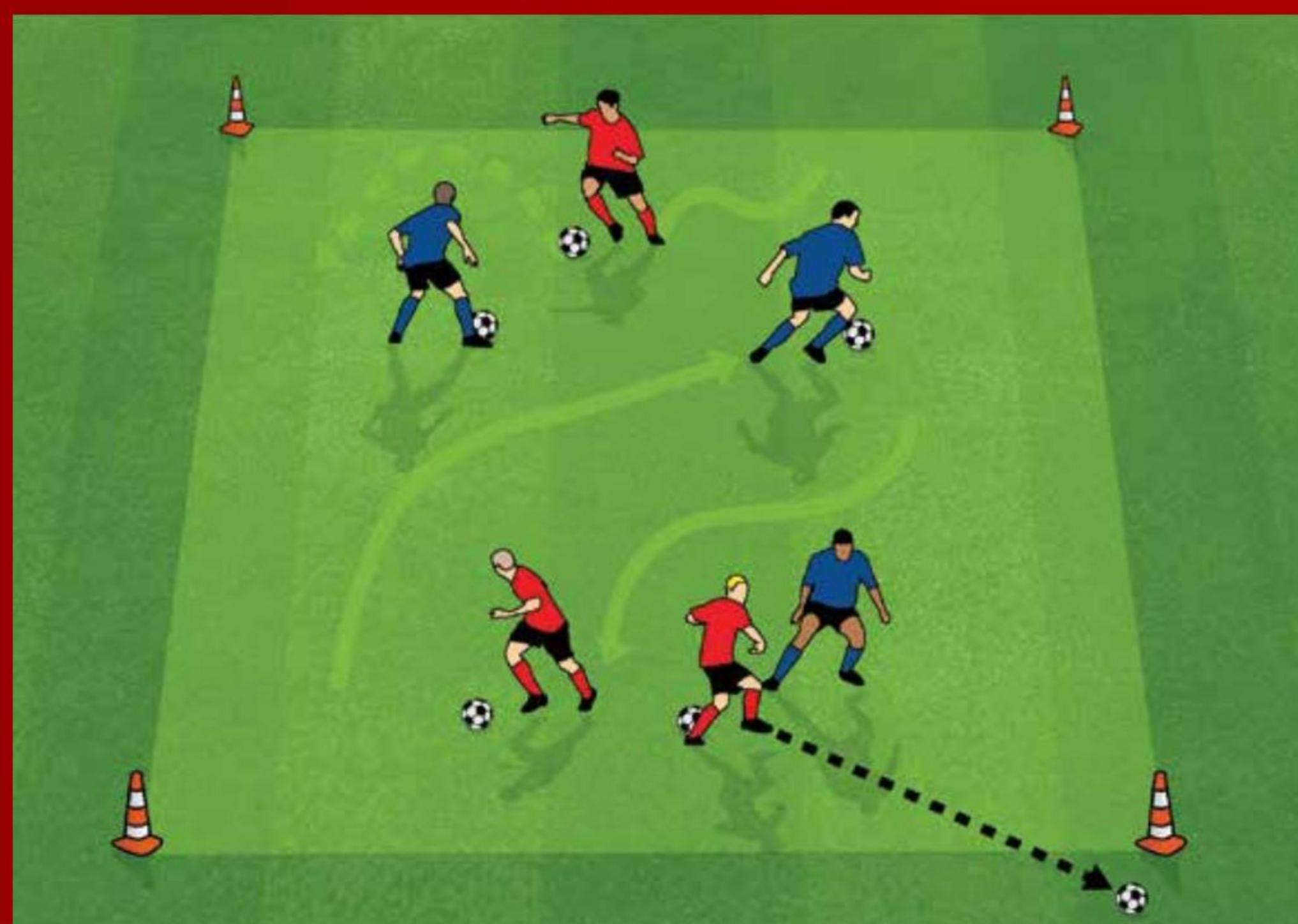
#### PROGRESSION

- Introduce footballs for players to carry, throw or dribble
- Two teams are called to move at one time
- Three teams are called to move at one time
- All teams go at same time
- Players can race against each other

#### OUTCOMES

- Keeping their head up / Vision
- Dribbling in tight spaces
- Spatial awareness

### 2. TECHNIQUE - KING OF THE RING



#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
1. Every player starts inside the area with a ball each

#### HOW TO PLAY

1. Players dribble the ball inside the area, protecting their own ball, while trying to kick out other players balls
2. Each player starts with 10 points, and any time their ball leaves the area, kicked out or otherwise, they lose one point
3. The winner is the player left with the most points after playing for 2 min. The game can then re-start

#### PROGRESSION

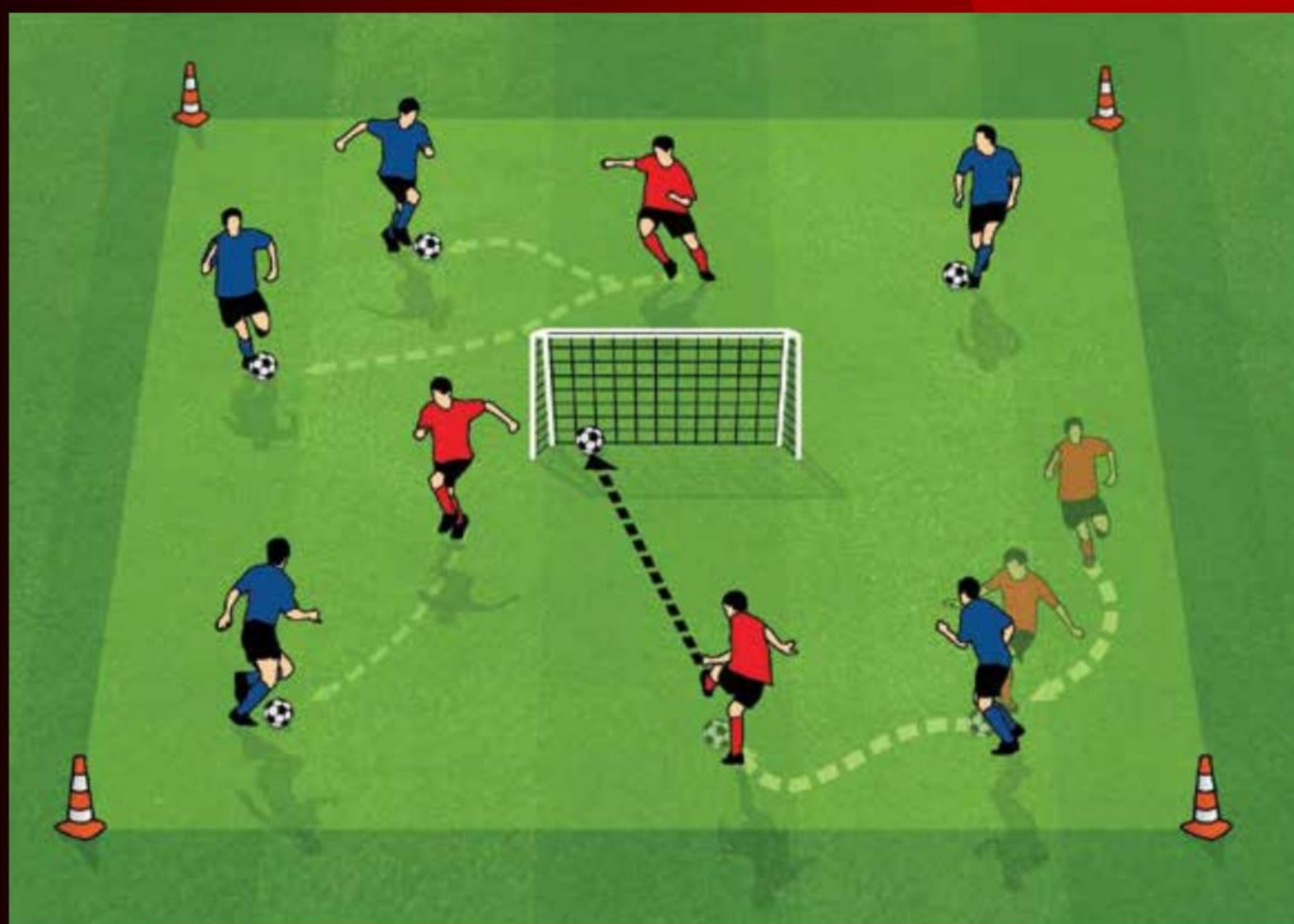
- INTERMEDIATE: Players who lose their ball remain outside the area juggling their ball. The last person in the area is 'king of the ring'
- ADVANCED: Specify which foot the player must use to control the ball

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



## 3. SKILL - BEE KEEPING



### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. All players with a ball each and the same colour bib – these are the “Bees” and the ball is their honey. There are also 3 players in a different colour with out a ball – these are “Bee Keepers”.
3. Have a goal in the centre of the area – this is the Honey Pot.

### HOW TO PLAY

1. Bees dribble their ball (honey) around the area. The Bee Keepers try to steal the honey from the Bees and put it in the Honey Pot (kick it in the goal).
2. Once a Bee loses their honey, then they become a Bee Keeper.
3. At the end of 1 minute, the Bees with honey are the winners.

### PROGRESSION

- Have an allotted time for the Bee Keepers to get the honey in the Honey Pot once they have stolen it
- Bees without honey are allowed to help other Bees
- Bee Keepers have a competition between each other to see how much honey they can steal

### OUTCOMES

- Dribbling / Movement of ball
- Vision & Awareness
- Shielding / Use of Body
- Defending – Winning the Ball

## 4. GAME - CLOSE RANGE FINISHING



### SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

### HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'
3. When a team scores, they retreat, allowing the opposition to start play from the goal line
4. There are no throw ins, rather the ball is passed in

### PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot
- ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U7 - U9, SESSION 4

### 1. WARM UP - SLIP THROUGH THE NET



#### HOW TO PLAY

1. When Coach calls out a team the fish must try and travel through the middle third to get to the other side.
2. The Fisherman's Nets in the middle third try to tag (catch) players travelling through.
3. Fishes receive a point for travelling through successfully.
4. Fishes who are caught link in to one of the nets, facing the opposite direction to the player that they link next to.

#### PROGRESSION

- Introduce a ball for the fishes
- Both teams go at the same time
- Nets are allowed to both turn at once if required

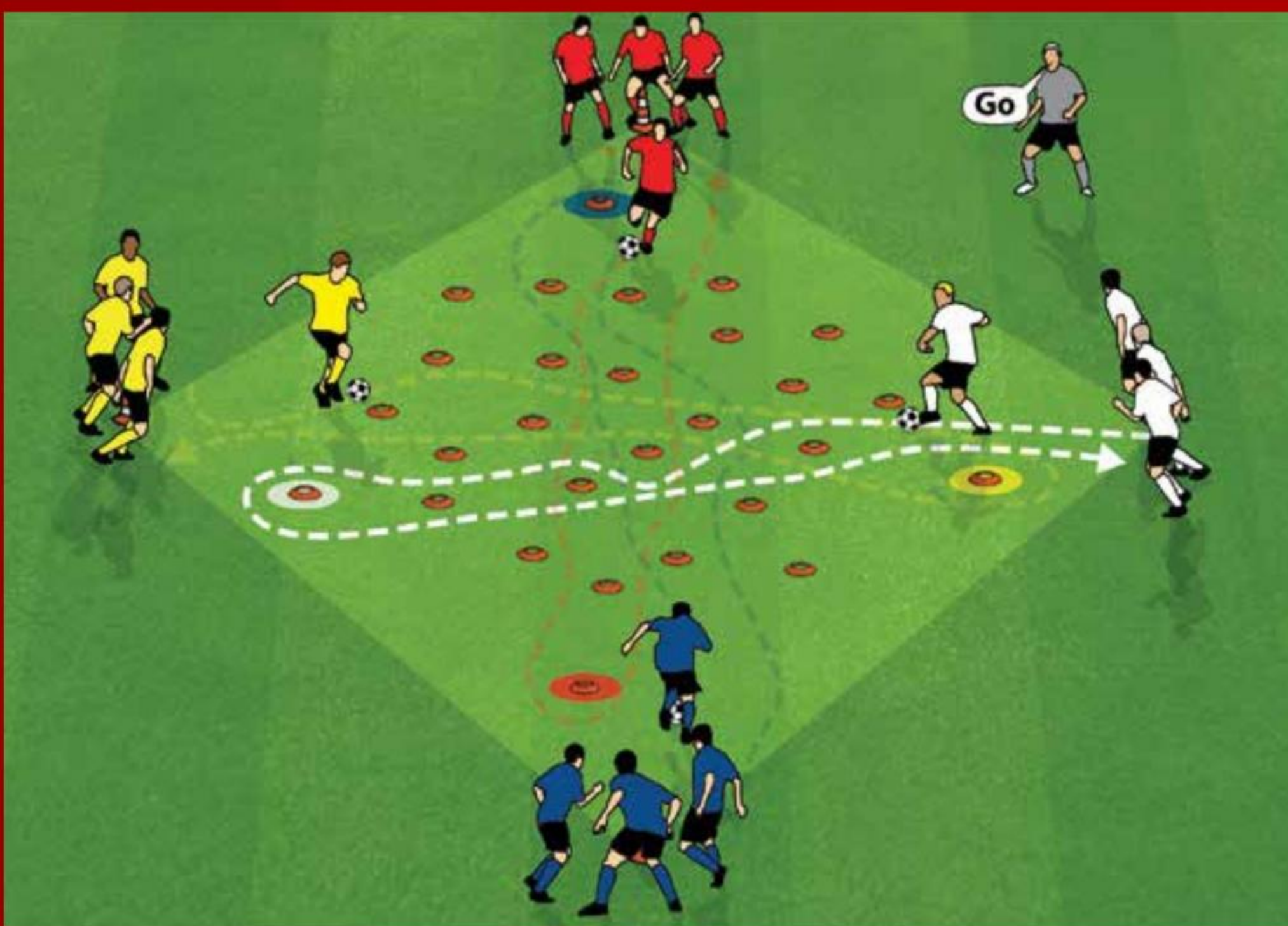
#### SETUP

1. Area of up to 30 x 20m, split into thirds. Modify area depending on the number and age of players.
2. Group divided into 3 teams, bibbed in a different colour.
3. 2 teams begin on the outside of each end of the area (Fish), with players in the middle third (Fisherman's Net).
4. Nets must be paired together, with each player only allowed to face in one direction only.

#### OUTCOMES

- Fundamental Movement
- Change of direction / speed
- Teamwork & Communication

### 2. TECHNIQUE - MINEFIELD RELAY



#### HOW TO PLAY

1. When coach says "Go", the first player dribbles through the minefield, around the furthest cone and back to their corner.
2. Once they get back they tag their next player.
3. Next player repeats the dribble across the minefield.
4. First team to get all players through the minefield and back wins.
5. If a player or their ball hits a mine then they have to start again.
6. Teams then rotate around to the next starting position

#### PROGRESSION

- Dribble with Right / Left foot only
- Introduce more mines in the minefield
- Players have to cross the minefield twice to complete

#### OUTCOMES

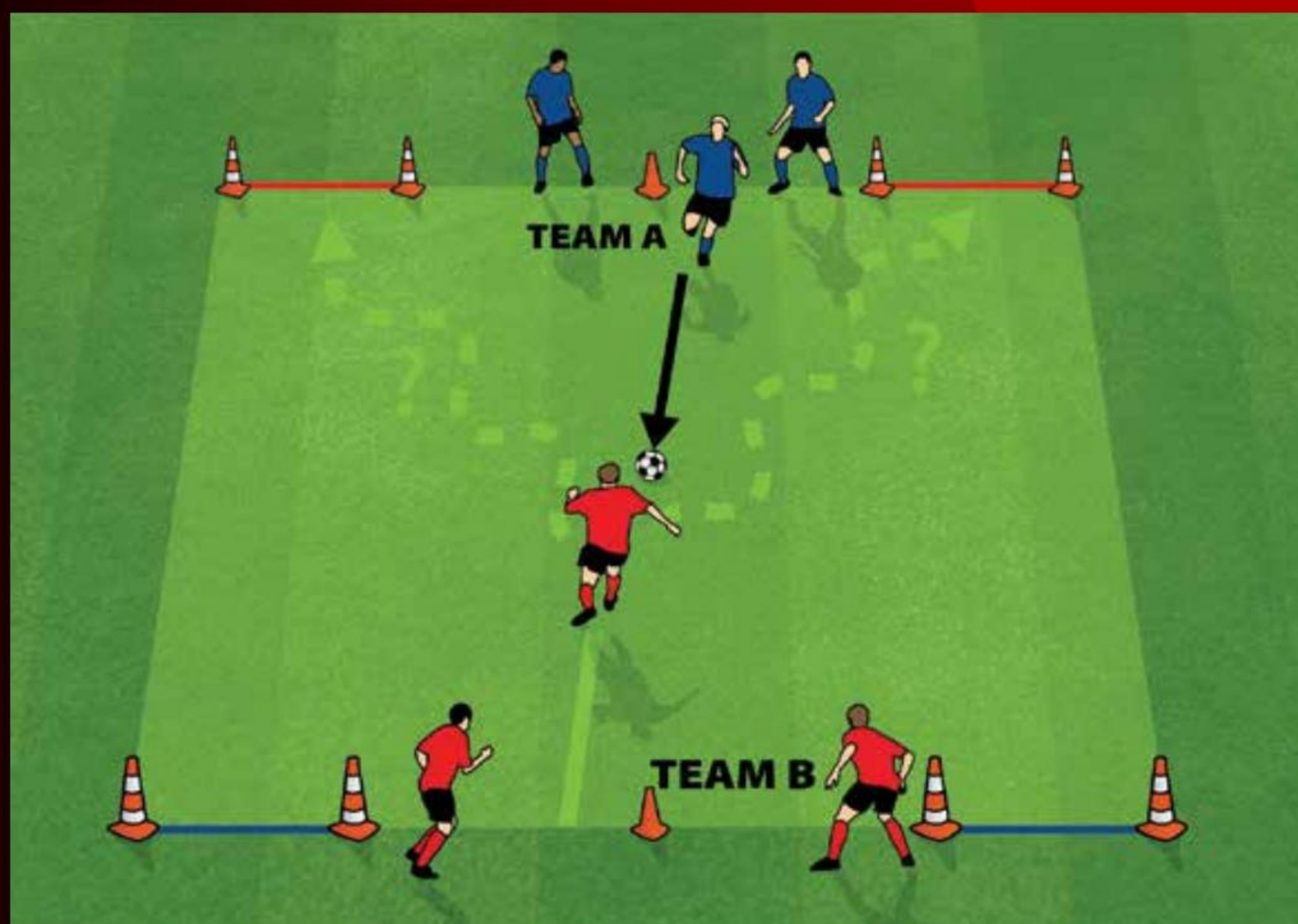
- Dribbling with Close control
- Speed of dribble – when to go quicker and when to slow down
- Team work

#### SETUP

1. Area of up to 25 x 25m is the Mine Field. Modify area depending on the number and age of players.
2. Split into teams of equal numbers. Try to ensure that teams are of no more than 4 players.
3. Cones place randomly in the middle of the area. These are the Mines.
4. Teams begin the activity in each corner of the Mine Field.



## 3. SKILL - GLADIATORS



### SETUP

1. Create an area up to 15m x 20m
2. Set up a gate 3m in size with large or different coloured cones on each corner of the area (two 3m goals at either end of the area)
3. Divide players into 2 teams of 'gladiators' and set them up at either end of the area behind the centre cones

### HOW TO PLAY

1. Team A start with a ball each and team B start without a ball
2. Team A pass the ball to team B, follow their pass and then work as a defender. The team B 'gladiator' receiving the pass moves to receive the ball and tries to beat their opponent by performing a fake and dribbling through their target goals
3. If the defending gladiator wins the ball they must try to dribble the ball through their target goals
4. Players change roles after each turn (defending players become attackers and vice versa)

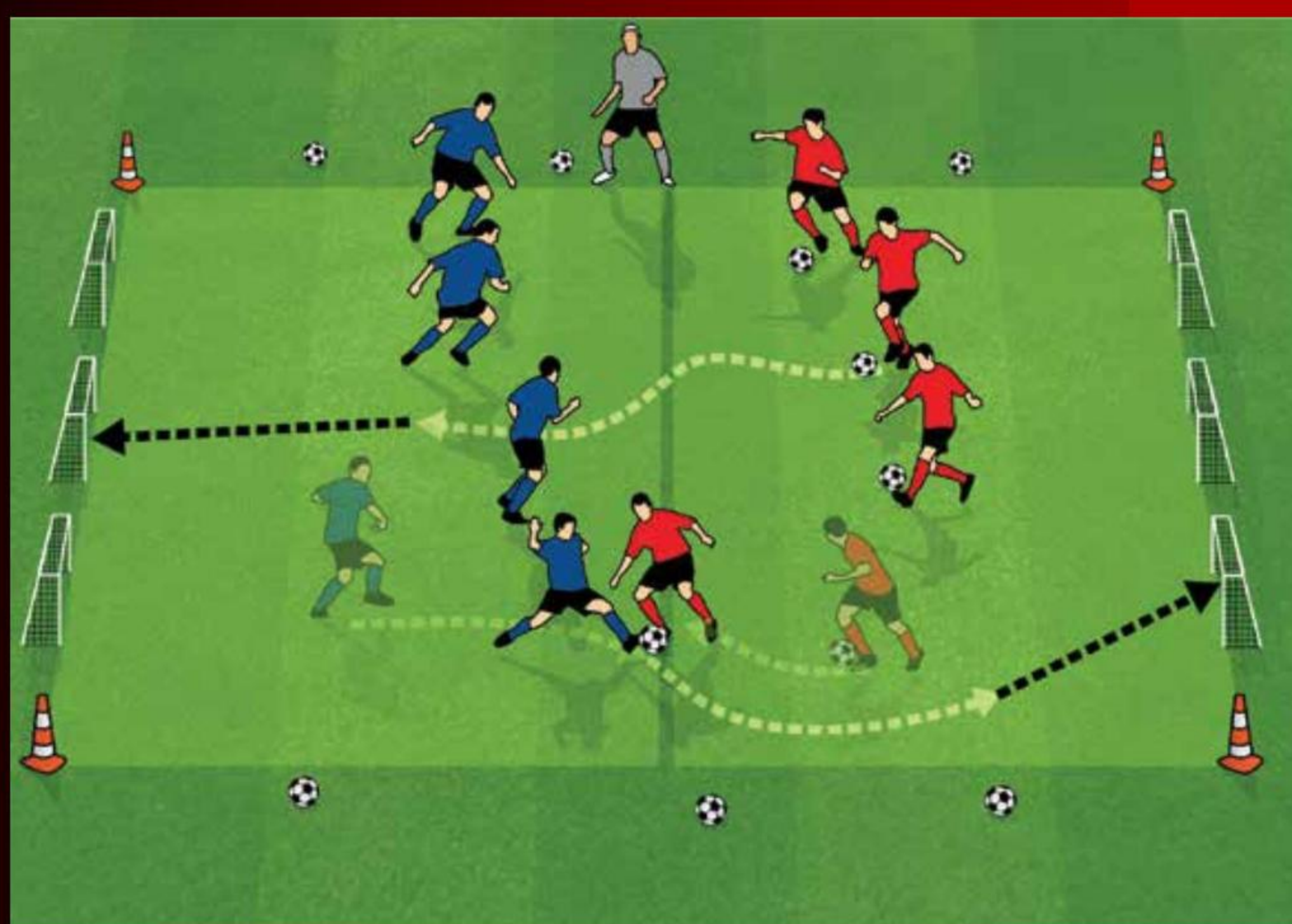
### PROGRESSION

- INTERMEDIATE: Specify a gate the players must dribble through
- ADVANCED: Increase from 1 v 1 to 2 v 2

### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Using fakes and turns to beat a defender

## 4. GAME - MULTI-BALL



### SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Place an equal number of **Alpha Goals** at opposite sides of the area.
3. Split into 2 teams of equal numbers.
4. Have footballs around the area to restart match.

### HOW TO PLAY

1. One team will start with all players having a ball each on their side of the area.
2. They are able to attack the opposite team and they can score any of the opponents goal they wish.
3. If the defenders win possession of the ball, they are allowed to attack the opponents goals.

### PROGRESSION

- Remove a football to create the possibility for 2v1s
- Introduce floater players that play for both teams

### OUTCOMES

- Dribbling – Use of Body
- Dribbling – Close Control with Head Up
- Decision Making – when to pass / when to dribble / when to shoot



**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U10 & U11, SESSION 1

### 1. WARM UP - ESCAPE THE DRAGONS



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players. Place 4 "castle gates" around the outside of the area.
2. Split into 2 teams, one team of Knights operating inside the circle (Prison) and one team of Dragons operating outside of the prison.
3. Number each Knight in the circle.

#### HOW TO PLAY

1. Knights are moving around inside the circle and Dragons moving around outside.
2. Coach shouts out a number and that Knight has to get to one of the Castle gates before the Dragon catches them.
3. Each time a Knight escapes, a point is awarded to their team.
4. Swap over teams so that they play the other role.

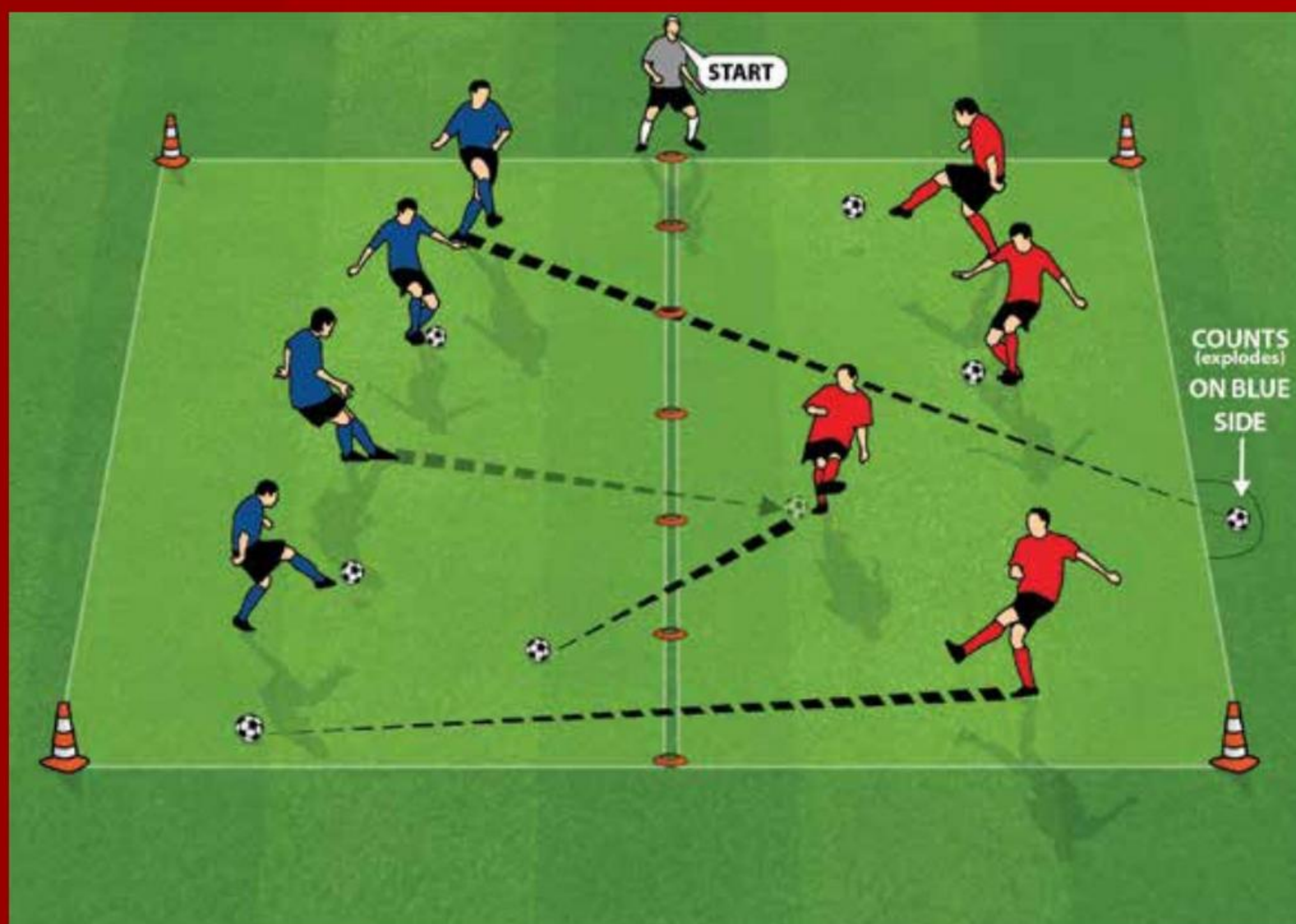
#### PROGRESSION

- Shout out two or more numbers
- Certain Castle Gates are locked and Knights must get a key (one of the Footballs) before escaping through them
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging / escaping

#### OUTCOMES

- Acceleration
- Change of pace / Direction
- Teamwork / Communication
- Fundamental Movements
- Dribbling

### 2. TECHNIQUE - TICKING TIME BOMB



#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Split the group into 2 equal teams and bib accordingly.
3. Divide the area into 2 areas of the same size, with one team allocated an area each.
4. Each player has a ball (bomb) each and must remain in their team area.

#### HOW TO PLAY

1. On the coaches call, players pass the ball from their area to the opposing area.
2. The ball must stop in the opponents area for it to count – if it goes out of the area it counts as a bomb against the team passing.
3. The ball must come to a stop before a team is allowed to pass it back.
4. The idea of the game is to clear your team's area of as many bombs as possible.
5. Game is stopped after 1 minute and the number of bombs are counted (explode).

#### PROGRESSION

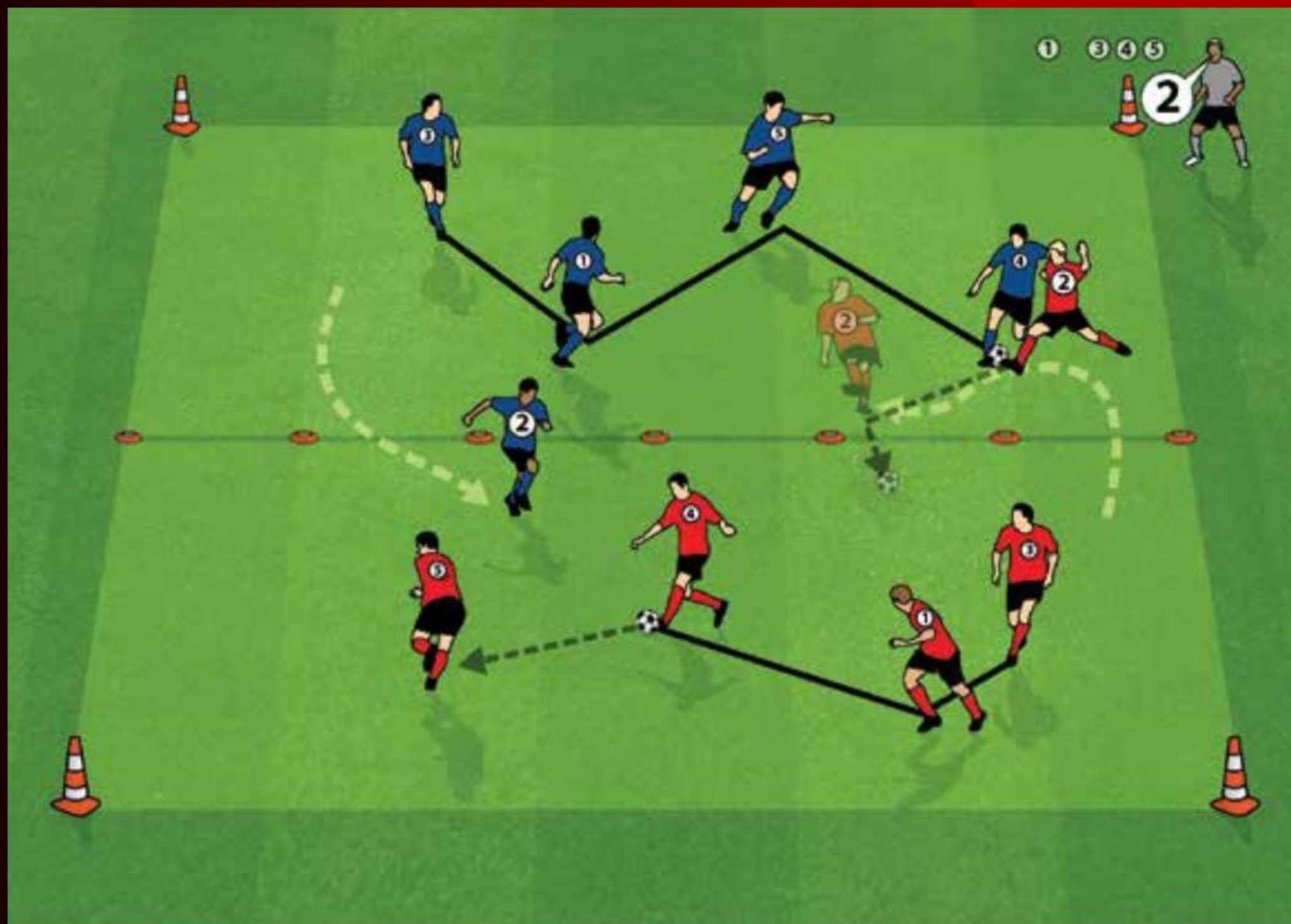
- Only allowed to use right / left foot
- Players can pass moving bomb back with a maximum of two touches
- Players are allowed to pass moving bomb back with a maximum of one touch

#### OUTCOMES

- Passing accuracy
- Weight of Pass
- Team Tactics



## 3. SKILL - STEAL IT!



### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Split into two equally sized teams with players given an individual number each.
3. Split the pitch into two halves.
4. Each team to have 1 ball.

### HOW TO PLAY

1. Both teams begin by passing the ball to each other.
2. When coach calls a number, that player becomes the "Snatcher", entering the opposition half. The Snatcher has 20 seconds to win the ball.
3. Teams awarded 1 point if their "Snatcher" touches the ball, 2pts if they pass it back to their own area and 3 points if they dribble it back.

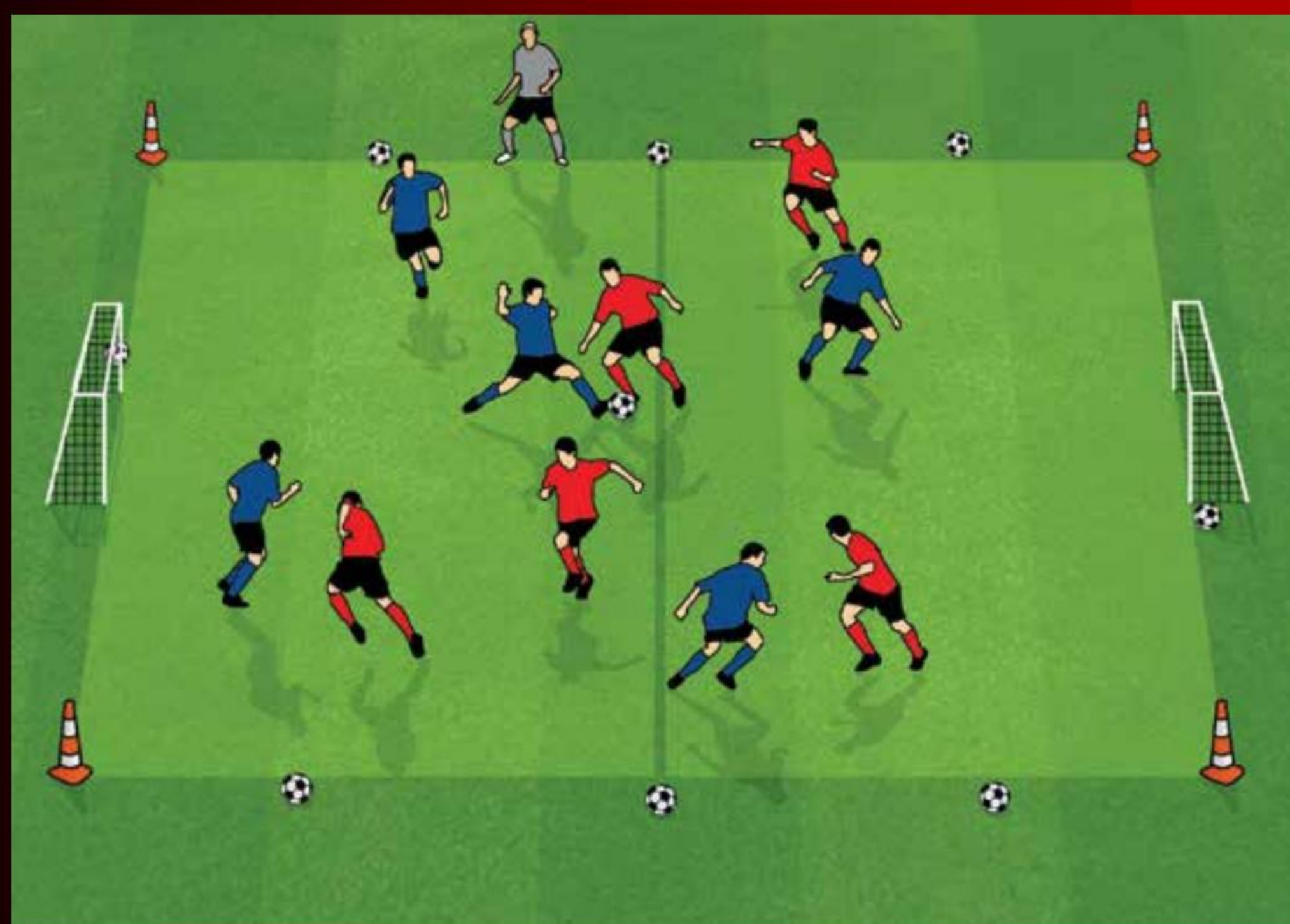
### PROGRESSION

- Limit number of touches for the passers
- Send two "Snatchers" in

### OUTCOMES

- Defending – closing down opposition
- Passing accuracy, angle and weight
- Decision Making - pass to feet or space
- Movement after a pass has been played

## 4. GAME - FIRST TIME FINISHING



### SETUP

1. Area of up to 50 x 30m with an **Alpha Gol** at either end
2. Place a goal at opposite sides of the area.
3. Split into 2 teams of equal numbers.
4. Have footballs around the area to restart match.

### HOW TO PLAY

1. Two teams take part in a regular Small Sided Game, scoring in the goals they are attacking.
2. Attackers are given more goals if they score with a first time finish.
3. When a team scores, they retreat, allowing the opposition to start play from the goal line.
4. There are no throw ins, rather the ball is passed in.

### PROGRESSION

- Introduce GK (defenders) who are able to try and guard the Goals
- Award more goals for a first time finish

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing – weight of pass
- Shooting – 1st time finishing / Timing of shot



**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U10 & U11, SESSION 2

### 1. WARM UP - ESCAPE THE ZOO



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Set up 8 Zoo Gates, 2 on every side of the Zoo.
3. Animals in Red are in the Zoo Park, with each of the 4 Blue Zookeepers standing next to a pair Zoo Gates.

#### HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after each gate
2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates. Zookeepers stop animals escaping by tagging them
3. If animals escape they score 1 point and then re-enter to start again

#### PROGRESSION

- Introduce ball each for animals to have in hands / at feet
- Introduce ball each for Zookeeper to have at feet
- Use a different "trigger" for Zoo Escape. For example, instead of coach shouting they could bounce a ball instead (Vision & Awareness)

#### OUTCOMES

- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration

### 2. TECHNIQUE - KINGPIN



#### SETUP

1. Area of up to 20 x 30m. Modify area depending on the number and age of players.
2. Split into 2 teams of equal numbers.
3. Divide the pitch in half – teams are to remain in their own half.
4. Players have a ball each.
5. Tall cones (skittles) are to be randomly placed on both halves of the area.

#### HOW TO PLAY

1. When coach shouts "Go", teams have to try and hit the opponents Skittles over, whilst also defending their own. 1pt for each skittle knocked over. Footballs are not allowed to go out of the overall area.
2. Balls that get passed into your own area by opponents can be used to shoot again.
3. Skittles are to be picked up by a defender as soon as they have been knocked over. (Introduce point penalties if they are not picked up quickly enough)
4. The team who has knocked down most cones within the time limit allowed wins.

#### PROGRESSION

- Players are only allowed to have a maximum of 3 touches of the ball each time
- One team player is allowed to transfer to opponents area to rebound shots at skittles

#### OUTCOMES

- Shooting accuracy
- Choice of shot – laces for power / inside for the accuracy
- Predicting shots when defending
- Vision & Awareness



## 3. SKILL - GATE KEEPERS



### SETUP

1. Area of up to 25 x 25m with **Alpha Goals** on each side.
2. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.
3. All players in Red have a ball each. 2 or 3 players in Blue are without a ball (Gate Keepers). Or the Coach can be the Gate Keeper.
4. Place 4 Goals around the outside of the area.

### HOW TO PLAY

1. Reds dribble through the Gates and get a point each time they do.
2. Gate Keepers stop the reds from dribbling through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.
3. Play for a set time and see how many points each player wins.
4. Switch team roles.

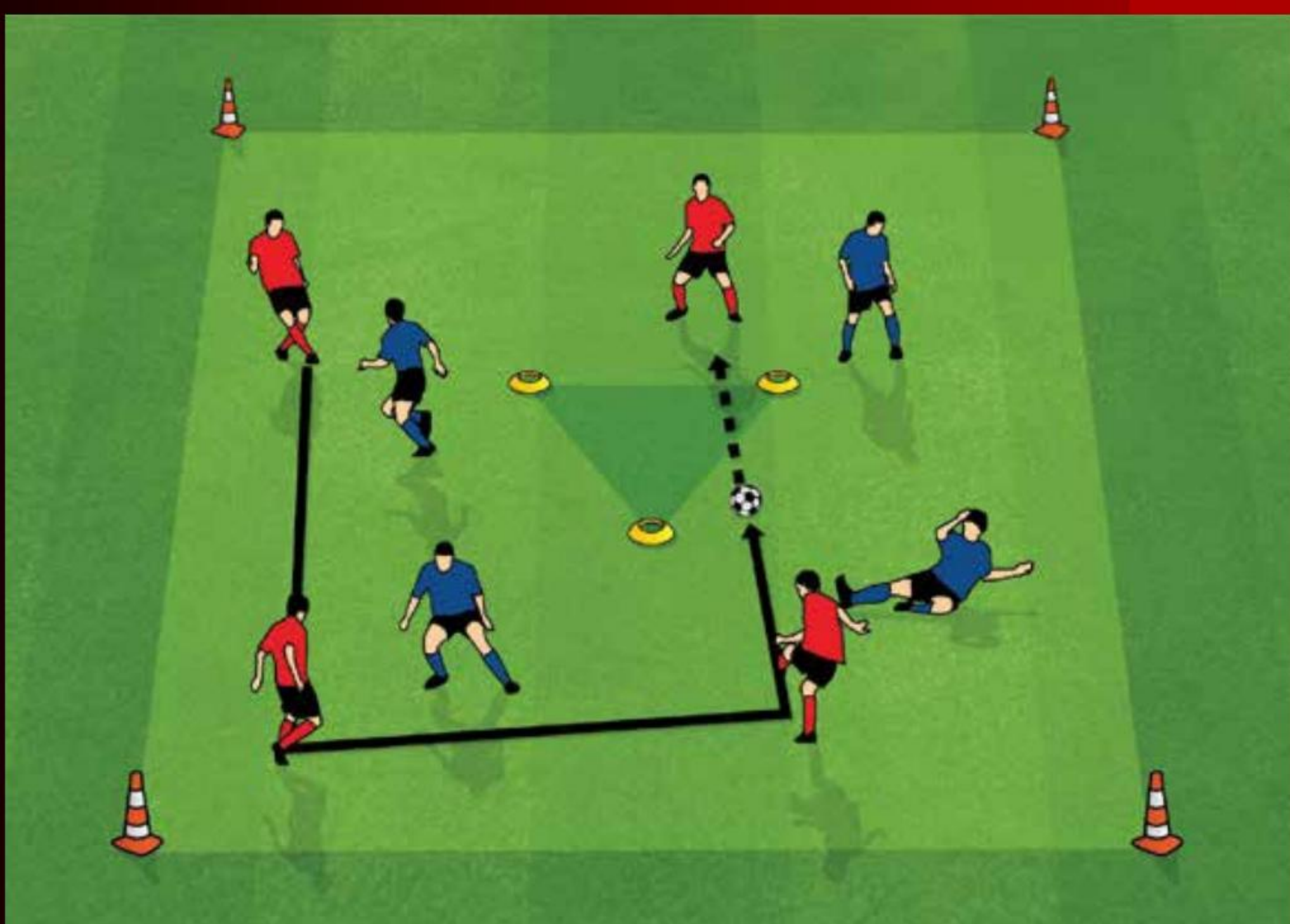
### PROGRESSION

- Increase / decrease the number of gates
- Increase / decrease the number of Gate Keepers
- Gate Keepers are allowed to win the ball. If they do, they are allowed to score in one of the goals, resulting in the attackers score reducing to zero

### OUTCOMES

- Dribbling with low centre of gravity
- Change of pace & direction
- Awareness – keep head up to know which gates are free

## 4. GAME - TRIANGLE GAME



### SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Set up a triangle with 3m sides in the centre of the area
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts

### HOW TO PLAY

1. Teams try to score by passing the ball through any side of the triangle securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score through another side
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

### PROGRESSION

INTERMEDIATE: Specify which foot can be used to pass or score

ADVANCED: Assign 2 specific sides of the triangle that can be scored through by each team  
Limit the number of touches players can take e.g. 2 touch only

### OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U10 & U11, SESSION 3

### 1. WARM UP - TAGS AND TRICKS



#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 squares (3x3m) in each corner of the square. Each square has a specific challenge.
3. 2 teams of equal numbers (red and blue) plus one team of two chasers (yellow).

#### HOW TO PLAY

1. Yellow team chase first. When they tag a Red / Blue they must tell the player which corner square to enter and perform challenge.
2. After player performs challenge they are allowed back into the main area.
3. If all players from red team are performing challenges in corner squares, blues win (and vice versa).

#### PROGRESSION

- Increase number of players in chasing team.
- Increase difficulty of challenges performed in corner squares.
- Introduce a ball for players in the main area.

#### OUTCOMES

- Encourages players to be comfortable on the ball
- Develops spatial awareness
- Develops balance

### 2. TECHNIQUE - FOUR SQUARE



#### SETUP

1. Area of up to 30 x 30m, split into 4 quarters with an **Alpha Gol** in each. Modify area depending on the number and age of players.
2. Group divided into 4 teams who start in their own quarter.
3. One ball between each group.
4. 4 goals placed as shown below.

#### HOW TO PLAY

1. Players pass the ball about their area.
2. When coach calls a number, player carries out the following tasks:
3. "1" – Whole group moves in a clockwise direction to the next square
4. "2" – Whole group moves in an anti clockwise direction to the next square

#### PROGRESSION

- "3" – group passes ball in a clockwise direction to the next square
- "4" – group passes ball in an anti clockwise direction to the next square
- "5" – group passes ball in a diagonal direction to the next square
- "6" – Players play a 3v3 against the team on their half of the pitch (2 footballs)

#### OUTCOMES

- Passing accuracy
- Movement to receive
- Vision & Awareness



## 3. SKILL - HUNTING TIME



### SETUP

1. Area of up to 30 x 20m with an **Alpha Gol** at each end. Modify area depending on the number and age of players.
2. Two equal teams. Individual players are allocated a number on each team.
3. Each player has a ball.
4. Split pitch into two halves, marked by cones.

### HOW TO PLAY

1. Players will be dribbling their ball until the coach calls out a number.
2. When a number gets called that player must leave their ball, go into the opposition area and try to get as many footballs off the opposition as possible. When they get one of the opposition balls they try to score in one of the goals.
3. Whoever scores the most goals in a minute wins a point for their team.
4. Players then go back into their own half and the game restarts

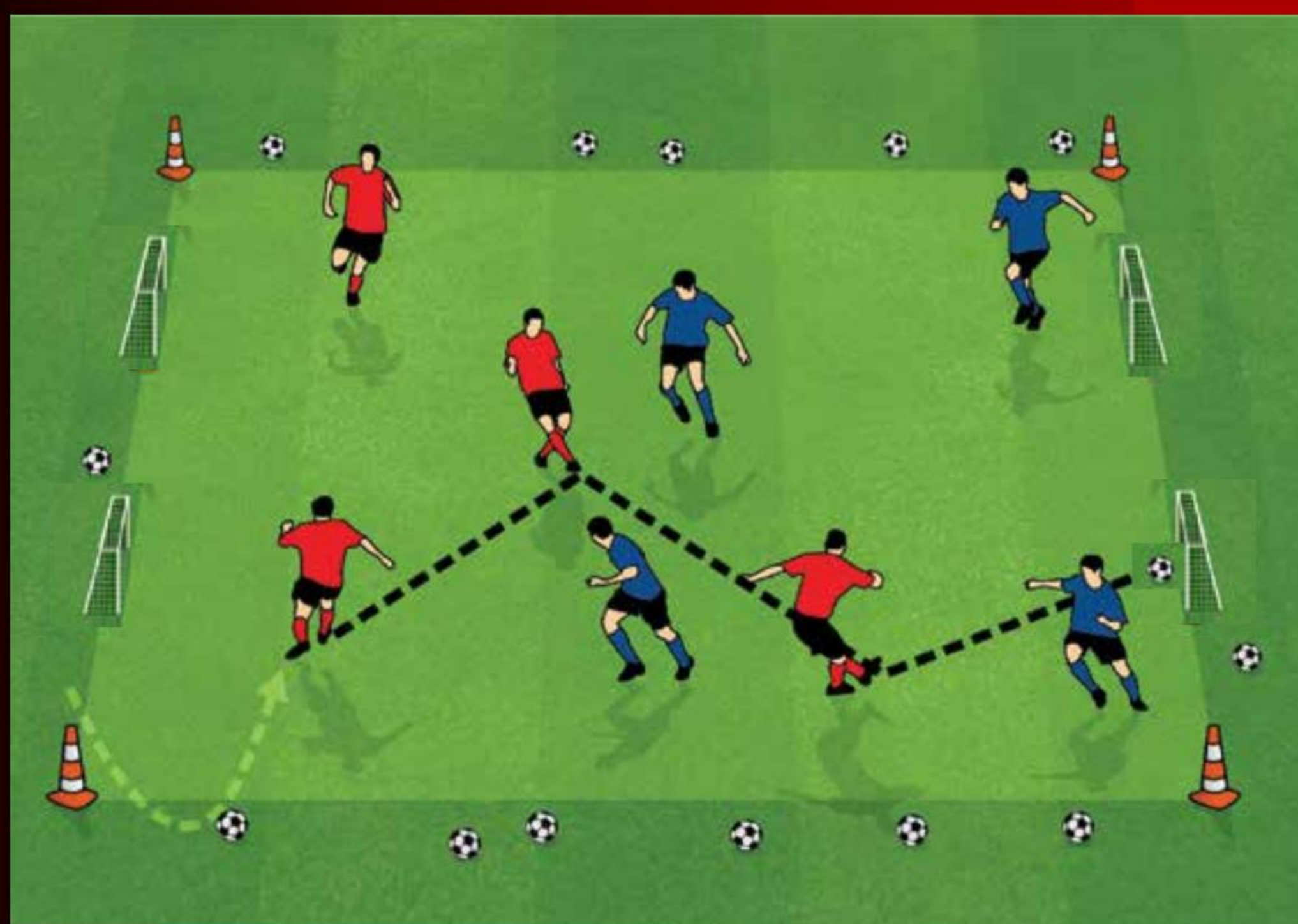
### PROGRESSION

- Have two numbers called out at once so they work as a team
- First player to score wins an additional point for their team

### OUTCOMES

- Dribbling – change of direction / speed
- Closing down players / winning possession
- Team work
- Defending in pairs

## 4. GAME - 2 GOAL CHANGEOVER



### SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Place 2 **Alpha Gols** at each end of the area. Assign each team a goal line / pair of goals to attack.
3. Place as many balls as possible around the area for fast restarts.

### HOW TO PLAY

1. Teams score by dribbling or passing the ball through the two goals they are attacking.
2. When a team scores, they retreat, allowing the opposition to start play from the goal line.
3. There are no throw ins, rather the ball is passed in.
4. If coach shouts "change" teams attack the opposite end to the one currently attacking – do this frequently (once or twice a minute).

### PROGRESSION

- Players can only use their non-dominant foot to turn.
- Specify the number of players that have to touch the ball before a 'goal' is scored.

### OUTCOMES

- Selection of turns
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



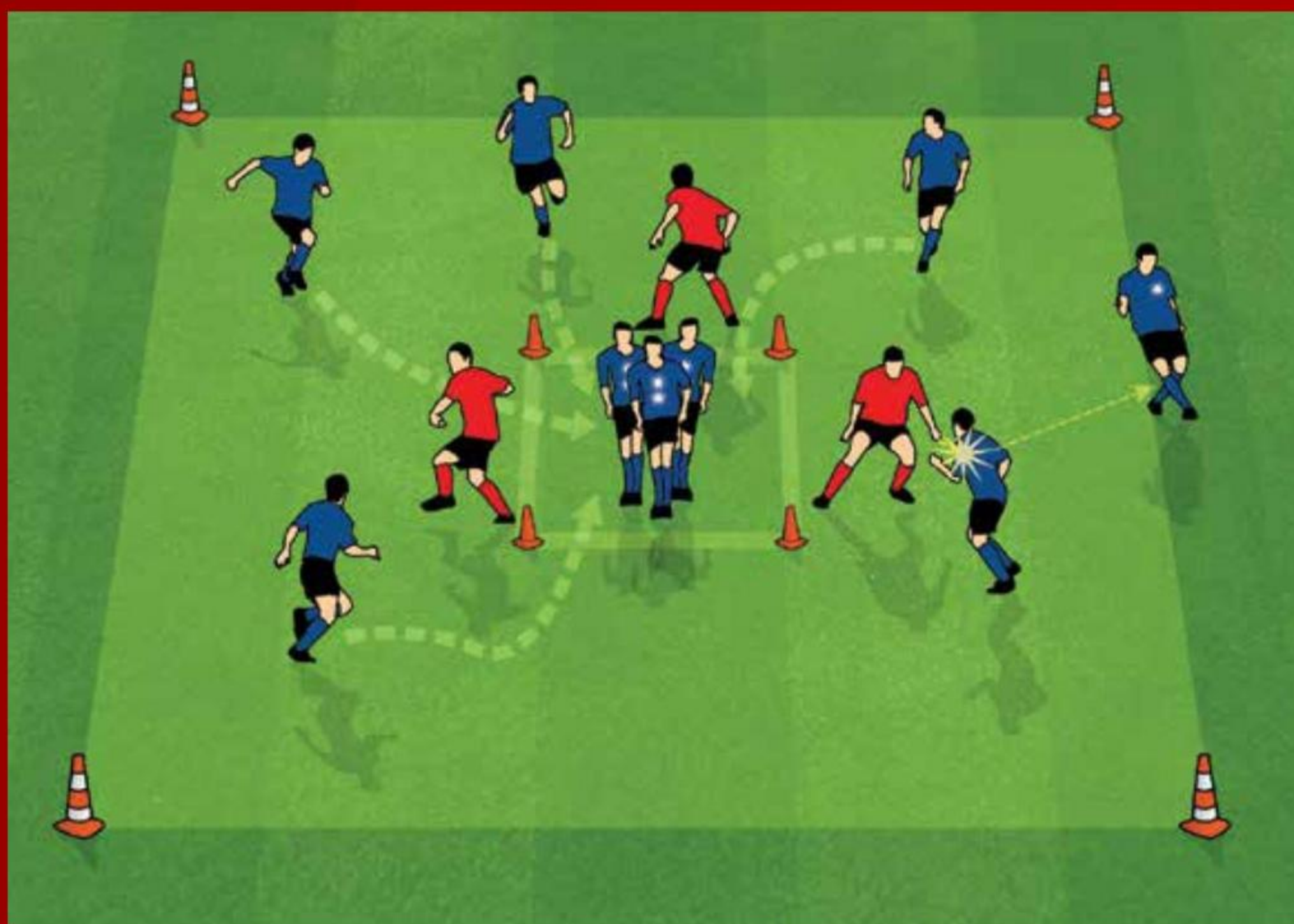
**ALPHA  
GEAR**



# BDSFA MINIROOS TRAINING:

## U10 & U11, SESSION 4

### 1. WARM UP - ESCAPE TO VICTORY



#### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Have a coned area in the centre which is the prison.
3. Have a set number of players in the prison to start with and 3 guards protecting the prison.

#### HOW TO PLAY

1. In this game the objective is for the attackers to break into the prison and help the prisoners to escape.
2. Guards defending the prison try to tag attackers attempting to break in. If an attacker gets tagged they must go to the outside of the large area before trying to break in again.
3. Attackers have two lives each. If they are tagged twice they then become prisoners. If prisoners escape then they become attackers and attempt to free others.
4. If the prison guards capture all prisoners then they win the game. If all prisoners escape and break out of the overall area then they win the game.

#### PROGRESSION

- Make prison bigger or smaller
- Guards can only move sideways
- Attackers have 1 minute to get as many prisoners freed as possible
- Add a ball each for attackers and / or the Prison Guards

#### OUTCOMES

- Change of Pace / Direction
- Acceleration / Deceleration
- Dodging and deception
- Teamwork & Communication

### 2. TECHNIQUE - RUN THE GAUNTLET



#### SETUP

1. Create an area 25m x 15m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (blue) and 'targets' (red)
3. Assign the 'shooters', in pairs, to a section of the area. Each pair shares one ball
4. Give the 'targets' one ball each

#### HOW TO PLAY

1. The 'shooters' line up vertically at intervals either side of the area
2. The 'targets' line up with a ball each at the start of the area
3. On your signal, the first 'target' tries to dribble past the first pair. The first pair of 'shooters' tries to hit the 'targets' ball by passing their ball
4. If the 'targets' ball gets hit they must start again from the back of the line
5. If the 'target' passes the first pair the next in line starts as the first 'target' continues toward the end
6. The 'shooters' get a point for each hit, and the 'targets' get two turns each

#### PROGRESSION

- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Players can only pass the ball at the 'target' with their non-dominant foot

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing



### 3. SKILL - 1 V 1 MULTI GOALS



#### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Players are in pairs, in different coloured bibs.
3. One ball between each pair.
4. Place different coloured gates around the area.

#### HOW TO PLAY

1. Players all play in a 1v1 against each other.
2. The aim is to score goals through the Gates, with out the ball leaving the area. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
3. If defending player wins the ball then they try to score through the gates.
4. Play for a set time or play till someone gets a set amount of goals.

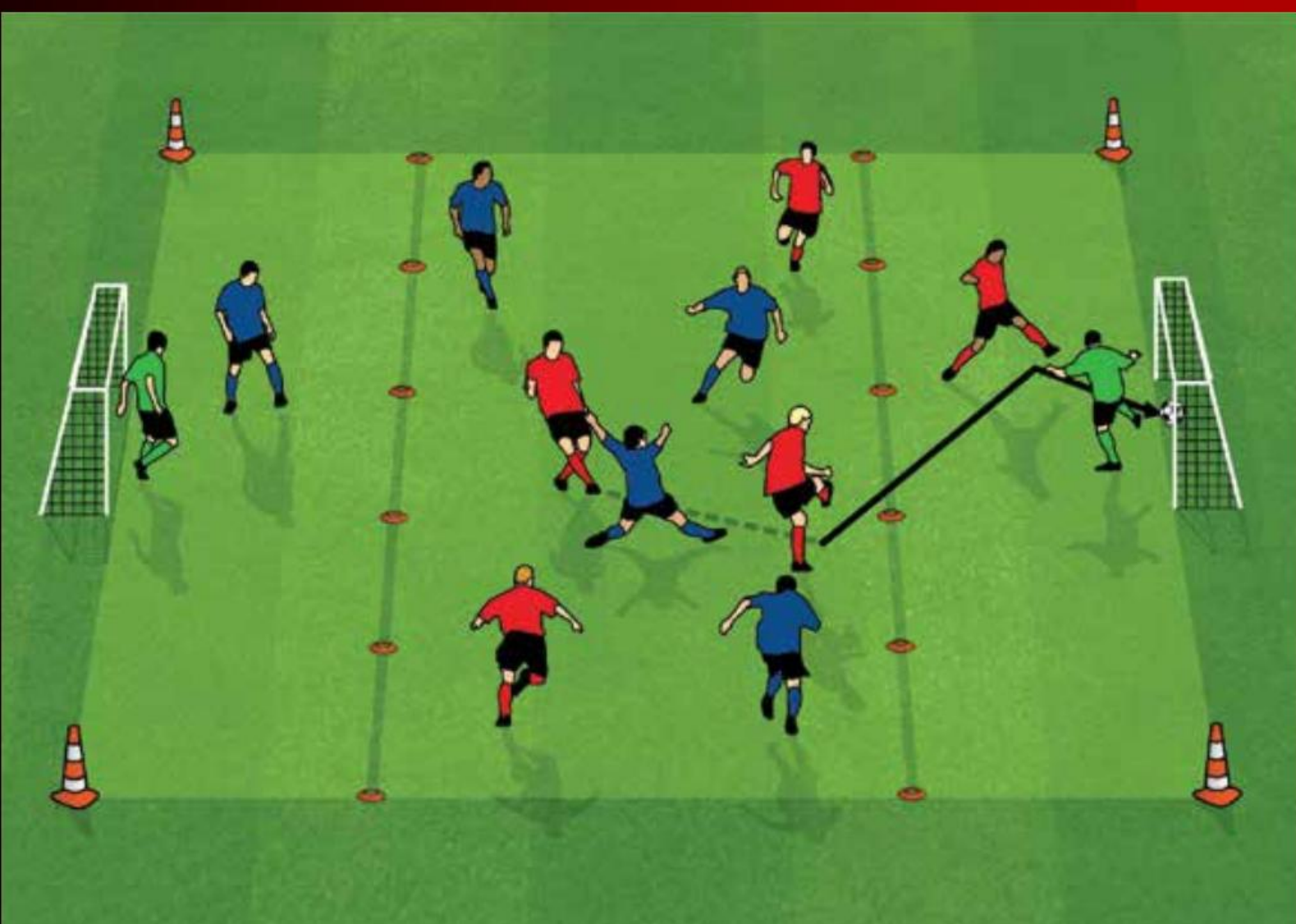
#### PROGRESSION

- Players can only score through certain colour gates
- If the ball goes out of play the opponent has a free shot
- Different colours of gates are worth different points

#### OUTCOMES

- Shooting Technique – Look at the Ball / Standing foot next to ball on contact etc
- Use of body to shield ball
- 1v1 fakes and turns
- Dribbling

### 4. GAME - SHARP SHOOTER



#### SETUP

1. Area of approximately 45 x 30m with 2 3x2m **Alpha Gols**. Modify area depending on the number and age of players. Split the pitch into 3 areas as shown below.
2. Two teams of equal numbers, all starting in the middle area. Except for a striker on each team who starts in the attacking third.
3. Footballs around the area to restart match.

#### HOW TO PLAY

1. Each team has to pass ball into striker in the attacking third.
2. Only the striker in attacking third can score for the team in a 1v1 with the GK.
3. Rotate striker on a regular basis.

#### PROGRESSION

- Striker has a time limit to score when they receive ball
- One defender can challenge attacker when the ball is played into attacking third
- Another attacker can join striker when ball is passed into attacking third
- Players in middle third must make a number of passes before passing into attacking third

#### OUTCOMES

- Vision and awareness
- Movement to receive the ball
- 1v1 Shooting – where to shoot in relation to the GK



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# APPENDIX I - AGE GROUP COMPARISONS

Age Group	Under 5-6	Under 7-9	Under 10-11
Points and Finals	No	No	No
Number of Players	4v4	7v7	9v9
Goalkeeper	No	Yes	Yes
Field Size	Rectangular Length: 30m Width: 20m	Rectangular Length: 40-50m Width: 30-40m	Rectangular Length: 50-60m Width: 40-50m
Penalty Area	No	Length: 5m Width: 12m	Length: 10m Width: 20m
Penalty Mark	NA	8m from the goal line	8m from the goal line
Exclusion zone on goal kicks	Halfway	Halfway	Halfway
Exclusion zone after a goalkeeper save	NA	10m	10m
Exclusion zone for a free kick	5m from the ball	10m from the ball	10m from the ball
Foul throws	NA – kick in	Not penalised, players allowed to retake	Penalised by opposition gaining the throw in
Corners	No	Ball placed inside the corner arc nearest to where the ball crossed the line	Ball placed halfway between the sideline and edge of penalty box
Offsides	No	No	Yes for <u>clear and obvious</u> offsides
Goal Size	Width: 2m Height: 1m	Width: 3m Height: 2m	Width: 5m Height: 2m
Ball Size	3	3	4
Game Duration	2 x 15 minute halves	2 x 20 minute halves	2 x 25 minute halves
Referee	Game Leader	Game Leader	Game Leader

Except where specifically stated, all rules and regulations will be as per the BDSFA Competition Regulations



# APPENDIX II - AGE GROUP PLAYING RULES

## Under 5-6 Playing Rules

<b>Number of players</b>	4-a-side with no goalkeeper. 3 maximum reserves
<b>Field of play</b>	30m x 20m, painted lines with a half-way line
<b>Goal Size</b>	2m wide 1m high
<b>Ball Size</b>	Size 3
<b>Duration</b>	15-minute halves
<b>Penalty area</b>	No penalty area

### Goal type

Portable, rectangular goals are to be used.

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.

### Goalkeeper

There are no goalkeepers in MiniRoos Under 5-6.

### 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 teammate before a goal can be scored.

### Ball crossing the goal line

There is no corner kick.

Regardless of which team touched the ball last, a player from the team whose goal line the ball has 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 teammate before a goal can be scored.

### Offside

There is **no offside** rule in MiniRoos Under 5-6.

### 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 subsequently 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 to play. If there is a deliberate or serious act of handball, foul or misconduct has occurred, the Game Leaders will explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

### Match results and points tables

The recording of match results will be conducted by the Game Leader and team managers on the electronic team sheets for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

### Game Leaders

The BDSFA will provide training and education for Game Leaders. Allocations will be performed by the hosting club. In the case of no official Game Leader being present, any capable person can officiate.

**All official and non-official Game Leaders are entitled to payment.**

### Grading

Players are generally not graded at this age. Players will be placed in suitable teams by their club. Re-draws may occur at the discretion of the Competition Manager to assist with creating an enjoyable experience for all players.



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# APPENDIX II - AGE GROUP PLAYING RULES

## Under 7-9 Playing Rules

<b>Number of players</b>	7-a-side including goalkeeper. 3 maximum reserves
<b>Field of play</b>	40-50m long x 30-40m wide, painted lines with a half-way line, corner arcs and penalty area
<b>Goal Size</b>	3m wide 2m high
<b>Ball Size</b>	Size 3
<b>Duration</b>	20-minute halves
<b>Penalty area</b>	5m deep, 12m wide rectangle

### Goal type

Portable, rectangular goals are to be used.

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.

### Offside

There is **no offside** rule in MiniRoos Under 7-9. Coaches should strongly discourage children from permanently standing in an offside position.

### 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 retreat 10 metres** and cannot move inside the penalty area until the ball is in play. The ball is in play once it is moved by the goalkeeper.

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 teammate.

### 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.

### **Foul throws are not penalised** in under 7-9.

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.

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 must retreat to the halfway line** and cannot enter the opposition half until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players have retreated to their own half. The ball is in play once it is kicked.

### Match results and points tables

The recording of match results will be conducted by the referee and team managers into the electronic team sheets for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.



# APPENDIX II - AGE GROUP PLAYING RULES

<b>Number of players</b>	7-a-side including goalkeeper. 3 maximum reserves
<b>Field of play</b>	40-50m long x 30-40m wide, painted lines with a half-way line, corner arcs and penalty area
<b>Goal Size</b>	3m wide 2m high
<b>Ball Size</b>	Size 3
<b>Duration</b>	20-minute halves
<b>Penalty area</b>	5m deep, 12m wide rectangle

## Game Leaders

The BDSFA will provide training and education for Game Leaders. Allocations will be performed by the hosting club. In the case of no official Game Leader being present, any capable person can officiate.

**All official and non-official Game Leaders are entitled to payment.**

## Development Leagues

All players are to be graded into teams which complement their ability. Teams will be graded into the appropriate Development Leagues. Re-draws may occur at the discretion of the Competition Manager.

## Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least **10 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** from the goal line 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.



**ALPHA  
GEAR**



# APPENDIX II - AGE GROUP PLAYING RULES

## Under 10-11 Playing Rules

<b>Number of players</b>	9-a-side including goalkeeper. 3 maximum reserves
<b>Field of play</b>	60-70m long x 40-50m wide, or 18-yard box to 18-yard box. Painted lines with a half-way line, corner arcs and penalty area
<b>Goal Size</b>	5m wide 2m high
<b>Ball Size</b>	Size 4
<b>Duration</b>	25-minute halves
<b>Penalty area</b>	10m deep, 20m wide rectangle

### Goal type

Portable, rectangular goals are to be used.

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.

### Offside

The offside rule will be enforced in under 10s and 11s for clear and obvious offsides.

### 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 from the goalkeeper.

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 teammate.

### 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.

**Foul throws will be penalised by the opposition gaining the throw in.**

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 halfway between the sideline and the edge of the penalty box** 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 must retreat to the halfway line until the ball is in play.** Game Leaders should not restart play until they are satisfied all opposition players are the halfway line. The ball is in play once it is kicked.

### Match results and points tables

The recording of match results will be conducted by the Game Leader and team managers for the purpose of assigning teams to appropriate leagues and ensuring the most enjoyable experience for all players.



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## Game Leaders

The BDSFA will provide training and education for Game Leaders. Allocations will be performed by the hosting club. In the case of no official Game Leader being present, any capable person can officiate.

**All official and non-official Game Leaders are entitled to payment.**

## Development Leagues

All players are to be graded into teams which complement their ability. Teams will be graded into the appropriate leagues. Re-draws may occur at the discretion of the Competition Manager.

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 from the goal line 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

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.



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# ALPHA GEAR



## BDSFA OFFICIAL GOAL SUPPLIER



### - ELITE ALUMINIUM FOLDING GOAL -

#### FEATURES

**Top-Quality Portable Goal :** Designed for daily, heavy use.

**Durable Aluminium Construction :** Heavy-duty tubing and joints make it lightweight yet robust.

**Easy Storage :** Folds flat for simple storage and portability.

**High-Quality Net :** New 600D elastic wrap-around net for long-lasting durability, withstanding powerful shots.

Available in 8 colours

**Custom Logos on net on request**

Available in 4ft | 5ft | 6ft | 2m



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FOLDING IN ACTION

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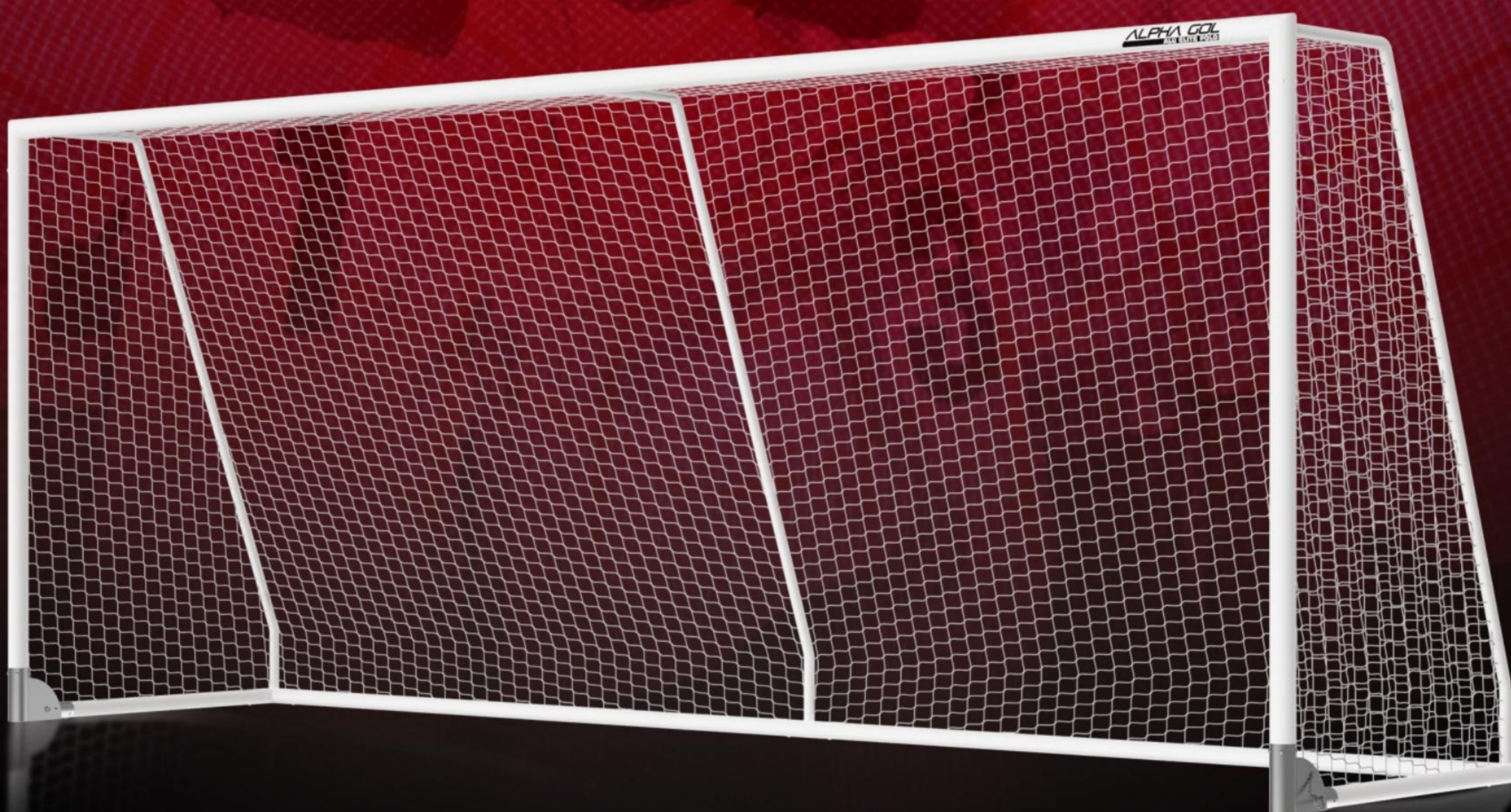


# ALPHA GEAR



## BDSFA

OFFICIAL GOAL SUPPLIER



### - ALPHA GOL ALU ELITE -

#### FEATURES

**Ideal Design** : Perfect for training, matches, or recreation.

**Aluminium Construction** : Made with 68mm aluminium piping.

**Rubber Pads** : Maximum stability indoors and outdoors.

**Center Tension Bar** : Reduces cross bar sagging.

**Easy Storage** : Folds flat quickly.

Available in 2m x 1m | 2.4m x 1.5m | 3m x 2m |  
3.6m x 1.8m | 5m x 2m | Full Size 7.3m x 2.4m



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IN ACTION

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