

Powered by NWS Spirit FC



# NWSF DNA Miniros

U6-U7 (4v4) training program



# Program overview

- This program is to be run over 6 weeks. Coaches can repeat the training cycle for a total of 12 or 18 weeks, or select appropriate weeks to repeat
- Each exercise contains a link to further information about the practice, coaching points and accompanying video on [nwsfdna.com](https://nwsfdna.com)
- It focuses on simple football themes from the NWSF DNA
- The sessions are designed to be fun and engaging to keep players loving football and being part of the environment
- Coaches are encouraged to use the 'mantras' as coaching points throughout the session. These can be delivered by freezing the session and demonstrating, or by coaching on the run and repeating these phrases as appropriate
- These sessions are designed as Game-Intervention-Intervention-Game (GIIG). This includes a Physical Literacy game which aligns with [Football Australia's recommended coaching approach for Miniroos](#). You can learn more about session design approaches by [clicking on this link](#)
- Coaches can find more resources at [nwsfdna.com](https://nwsfdna.com)



# CHANGE IT

CHANGE IT is an acronym for a variety of elements the coach can modify in a practice or session. You are encouraged to CHANGE IT so the players continue to have fun and be developed throughout the session. If the players are enjoying the game, then don't feel the need to CHANGE IT - but use it as appropriate to keep them engaged!

<b>C</b>	<b>Coaching style</b>	Change your coaching style, possibly by mixing up when & where you give feedback, or by changing the activity.
<b>H</b>	<b>How you score/win</b>	Change the scoring system so both teams can be competitive, or so that there are new challenges for players
<b>A</b>	<b>Area</b>	Change the size of the area by making it bigger or smaller, or changing the shape of it
<b>N</b>	<b>Numbers</b>	Change the number of players on each team, possibly by giving the attacking or defending team an overload
<b>G</b>	<b>Game rules</b>	Change the rules of the game to focus on your objective or theme, or to give players a new challenge
<b>E</b>	<b>Equipment</b>	Change the equipment used, such as making the goals bigger or smaller or by adding new ones
<b>I</b>	<b>Inclusion</b>	Change the practice or design so that all players are included and all players are engaged & developing
<b>T</b>	<b>Time</b>	Change the time left in the game, or the time to complete an objective, such as scoring a goal



## Weekly overviews

6 Week Program	
<b>Week 1</b>	Session 1 - Run with the ball
<b>Week 2</b>	Session 2 - Run with the ball
<b>Week 3</b>	Session 3 - Dribble the ball
<b>Week 4</b>	Session 4 - Dribble the ball
<b>Week 5</b>	Session 5 - Pass (strike) the ball
<b>Week 6</b>	Session 6 - Shoot (striker) the ball

12 Week Program	
<b>Week 1 and 7</b>	Session 1 - Run with the ball
<b>Week 2 and 8</b>	Session 2 - Run with the ball
<b>Week 3 and 9</b>	Session 3 - Dribble the ball
<b>Week 4 and 10</b>	Session 4 - Dribble the ball
<b>Week 5 and 11</b>	Session 5 - Pass (strike) the ball
<b>Week 6 and 12</b>	Session 6 - Shoot (striker) the ball

**Mantras:** Run with the ball, move the ball quickly (remember the aim is for the players to have fun!)

**Coach needs:** 10 balls, 2 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

## SIMPLE START GAME

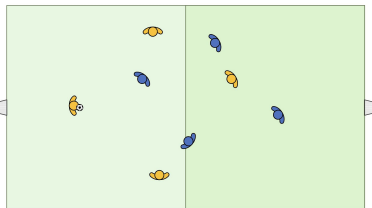
<https://nwsfdna.com/home/environment-2/skillful/training/simple-start-game/>

### START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

### CHANGE IT

- Create a second game if larger numbers of players



## RACEWAY TO SCORE SKILFUL INTERVENTION

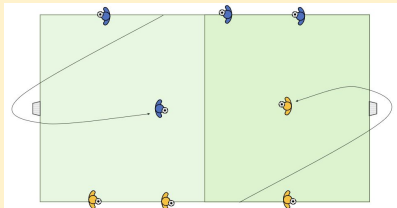
<https://nwsfdna.com/home/environment-2/skillful/training/raceway-to-score/>

### START & ORGANISATION

- Create two teams, place them as shown in diagram (each with a ball) and give each player a number
- Coach calls a number, and the corresponding players run with the ball around the goal to their right, before running with it towards the other goal to shoot & score

### CHANGE IT

- Call two numbers at a time. Players should not be waiting longer than 30 seconds to have another go.
- Encourage them to run with the ball closer to the goal before scoring



## TAGGING GAME PHYSICAL LITERACY INTERVENTION

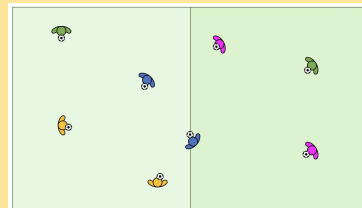
<https://nwsfdna.com/home/environment-2/skillful/training/physical-literacy-games/tagging-game/>

### START & ORGANISATION

- Each player has a ball. Split players into different bib colours as shown
- Coach calls out a colour. The player in this bib attempts to tag the other players (1 point for each tag)

### CHANGE IT

- Call multiple colours
- Make yourself the tagger!



## FUN FINISH GAME

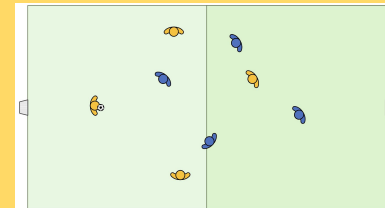
<https://nwsfdna.com/home/environment-2/skillful/training/fun-finish-game/>

### START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

### FOCUS

- Reinforce some of the mantras & skills from the session in the game
  - "Run with the ball"
  - "Move the ball quickly"



**Mantras:** Run with the ball, keep the ball close (remember the aim is for the players to have fun!)

**Coach needs:** 10 balls, 2 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

### SIMPLE START GAME

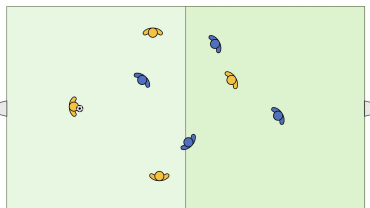
<https://nwsfdna.com/home/environment-2/skillful/training/simple-start-game/>

#### START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

#### CHANGE IT

- Create a second game if larger numbers of players



### STUCK IN THE MUD SKILFUL INTERVENTION

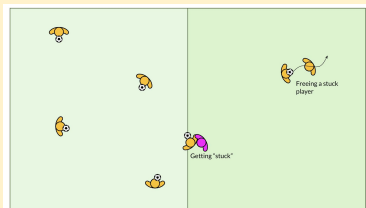
<https://nwsfdna.com/home/environment-2/skillful/training/stuck-in-the-mud/>

#### START & ORGANISATION

- All players start with a ball, except for one “tagger”
- Players dribble around area and avoid being tagged. If they tagged, they stand still, legs apart, holding the ball in the air - they are “stuck”
- Other players can dribble through the legs of “stuck” players to free them

#### CHANGE IT

- Challenge the tagger to try and get all players stuck
- Players pass through “stuck” players rather than dribble through



### BREAKAWAY PHYSICAL LITERACY INTERVENTION

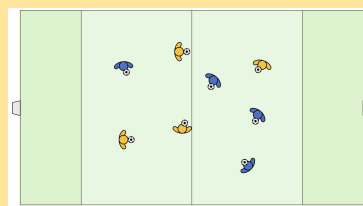
<https://nwsfdna.com/home/environment-2/skillful/training/physical-literacy-games/breakaway/>

#### START & ORGANISATION

- Divide players into two teams. Each player has a ball and is dribbling in central area
- When coach calls a team's colour, that team tries to score in any of the mini goals. The team not called leaves their ball and tries to stop them from scoring

#### CHANGE IT

- Players must dribble into the end zone before scoring
- Make the end zone bigger or smaller



### FUN FINISH GAME

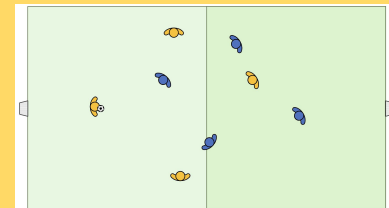
<https://nwsfdna.com/home/environment-2/skillful/training/fun-finish-game/>

#### START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

#### FOCUS

- Reinforce some of the mantras & skills from the session in the game
  - “Run with the ball”
  - “Keep the ball close”



**Mantras:** Dribble the ball, run into space (remember the aim is for the players to have fun!)

**Coach needs:** 10 balls, 2 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

### SIMPLE START GAME

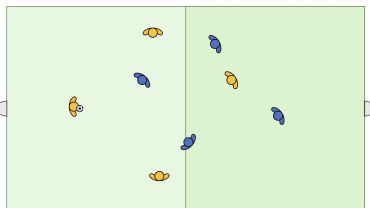
<https://nwfsdna.com/home/environment-2/skillful/training/simple-start-game/>

#### START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

#### CHANGE IT

- Create a second game if larger numbers of players



### RUN THROUGH GATES SKILFUL INTERVENTION

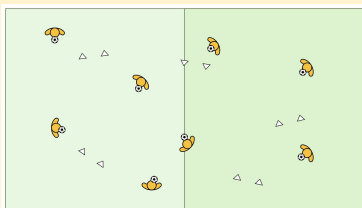
<https://nwfsdna.com/home/environment-2/skillful/training/raceway-to-score/>

#### START & ORGANISATION

- Set up gates using cones as shown inside the playing area
- Players run through as many gates as possible in 30 seconds (1 point per gate). They cannot run through the same gate twice

#### CHANGE IT

- Challenge players to beat their personal best score
- Make the gates bigger or smaller



### ME AND MY SHADOW PHYSICAL LITERACY INTERVENTION

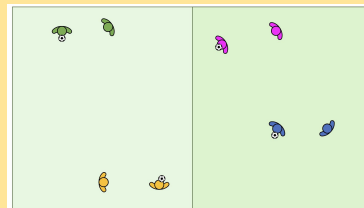
<https://nwfsdna.com/home/environment-2/skillful/training/physical-literacy-games/me-and-my-shadow/>

#### START & ORGANISATION

- Pair players so one player has a ball and one does not (follower)
- The leader dribbles the ball around the area; the follower has to follow closely

#### CHANGE IT

- Rotate partners every few minutes
- Give both players a ball
- Remove the balls if too challenging for players



### FUN FINISH GAME

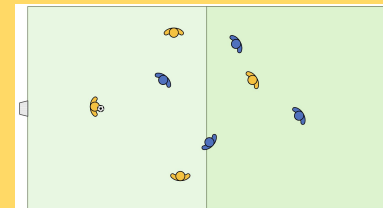
<https://nwfsdna.com/home/environment-2/skillful/training/fun-finish-game/>

#### START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

#### FOCUS

- Reinforce some of the mantras & skills from the session in the game
  - "Dribble the ball"
  - "Run into space"



**Mantras:** Dribble the ball, use your skills (remember the aim is for the players to have fun!)

**Coach needs:** 10 balls, 2 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

## SIMPLE START GAME

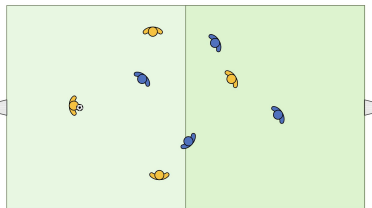
<https://nwsfdna.com/home/environment-2/skillful/training/simple-start-game/>

### START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

### CHANGE IT

- Create a second game if larger numbers of players



## GLUE DRIBBLING SKILFUL INTERVENTION

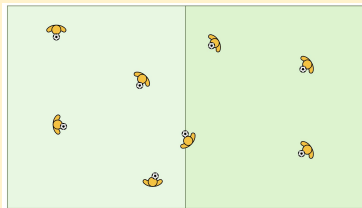
<https://nwsfdna.com/home/environment-2/skillful/training/glue-dribbling/>

### START & ORGANISATION

- All players inside marked area with a ball
- On coaches call, players dribble around area with a ball
- Encourage players to use both feet & different parts of feet

### CHANGE IT

- Make the area bigger or smaller



## SIMON SAYS PHYSICAL LITERACY INTERVENTION

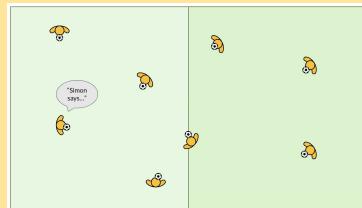
<https://nwsfdna.com/home/environment-2/skillful/training/physical-literacy-games/simon-says/>

### START & ORGANISATION

- All players have a ball and dribble around the area
- Coaches calls “Simon says” and says a command (such as dribble with left foot; spell your name etc)
- You can introduce on-the-ball skills such as pullbacks, outside of the foot turn, stepovers, circle pulls or any skill that may be appropriate for their skill level

### CHANGE IT

- Have a player do “Simon says”



## FUN FINISH GAME

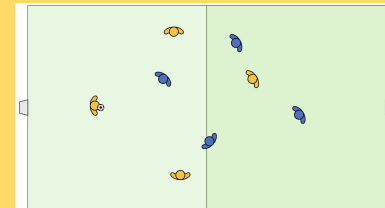
<https://nwsfdna.com/home/environment-2/skillful/training/fun-finish-game/>

### START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

### FOCUS

- Reinforce some of the mantras & skills from the session in the game
  - “Dribble the ball”
  - “Use your skill to beat the player”





**Mantras:** Pass (strike) the ball, get into position to receive a pass (remember the aim is for the players to have fun!)

**Coach needs:** 10 balls, 2 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

## SIMPLE START GAME

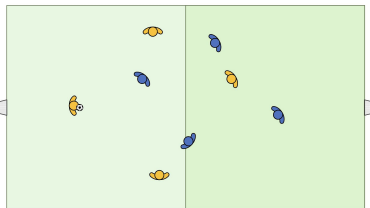
<https://nwsfdna.com/home/environment-2/skillful/training/simple-start-game/>

### START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

### CHANGE IT

- Create a second game if larger numbers of players



## KNOCK IT OFF SKILFUL INTERVENTION

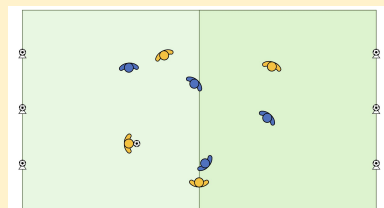
<https://nwsfdna.com/home/environment-2/skillful/training/knock-it-off/>

### START & ORGANISATION

- Divide group into two teams and set up three balls on three cones at either end as shown
- Teams play with one ball (as normal) which they use to try and knock all of their opponents balls by passing into them
- First to do so wins the game
- You may like to organise parents or an assistant coach to collect balls to go out of the area

### CHANGE IT

- Make the area bigger or smaller



## HIT IT PHYSICAL LITERACY INTERVENTION

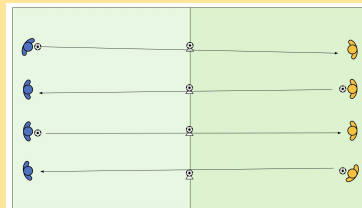
<https://nwsfdna.com/home/environment-2/skillful/training/physical-literacy-games/hit-it/>

### START & ORGANISATION

- Divide players into two teams and position as shown, either side of a central cone with a ball on top
- Players pass to the other side, trying to hit the ball off the central cone
- Reset the ball if it is hit and continue

### CHANGE IT

- Increase or decrease the distance between competitors and the central cone
- Make it competitive by getting players to count the number of attempts it takes to hit the central cone



## FUN FINISH GAME

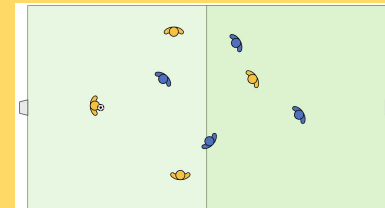
<https://nwsfdna.com/home/environment-2/skillful/training/fun-finish-game/>

### START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

### FOCUS

- Reinforce some of the mantras & skills from the session in the game
  - "Pass the ball"
  - "Get into position to receive a pass"



**Mantras:** Shoot (strike) the ball, go to goal (remember the aim is for the players to have fun!)

**Coach needs:** 10 balls, 3 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

## SIMPLE START GAME

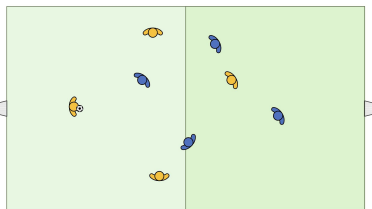
<https://nwsfdna.com/home/environment-2/skillful/training/simple-start-game/>

### START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

### CHANGE IT

- Create a second game if larger numbers of players



## WORLD CUP SKILFUL INTERVENTION

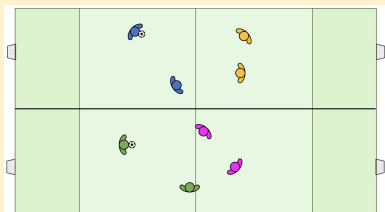
<https://nwsfdna.com/home/environment-2/skillful/training/glue-dribbling/>

### START & ORGANISATION

- Divide the area so there are two fields running vertically (as shown)
- Split teams into four pairs (if you have extra numbers, make the teams even)
- Teams play against each other and try to score as many goals as possible
- Play with normal game rules

### CHANGE IT

- Make the area bigger or smaller
- Rotate the players on teams to keep them even



## TRAFFIC LIGHTS PHYSICAL LITERACY INTERVENTION

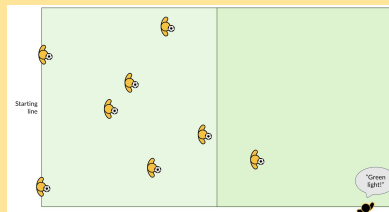
<https://nwsfdna.com/home/environment-2/skillful/training/physical-literacy-games/traffic-lights/>

### START & ORGANISATION

- All players have a ball and start from the starting line
- Coaches call “green light” for when players can run with the ball and “red light” for when they must stop
- If they keep dribbling or are “caught” by the “red light” they must go back to the starting line
- Once a player reaches the coach, they score 1 point and go back to the starting line

### CHANGE IT

- Vary the time between lights
- Make the field bigger or smaller



## FUN FINISH GAME

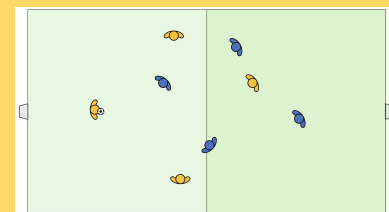
<https://nwsfdna.com/home/environment-2/skillful/training/fun-finish-game/>

### START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

### FOCUS

- Reinforce some of the mantras & skills from the session in the game
  - “Shoot the ball”
  - “Go to goal”





# Game model

Key words/principles

Team tasks

## Core actions

### Attacking

#### Without the ball

- See player, see ball, see goal
- Get free by getting into a line of pass where you can receive facing forward
  - Get level and either side (off the shoulder) of the defender
  - Try and get beyond/behind the defender
  - If you cannot get behind the defender, get deeper

#### When receiving the ball:

- Receive with the inside of the foot as the dominant habit
- Move the ball with a good first touch out of tackling range

#### With the ball:

- Keep the ball central to your body and face the defender
- When under pressure and without options, run with the ball to space or to a teammate

### Defending

#### First defender

- Stop or delay forward progress (shot/assist/forward passes - in that order)
- Close the ball/player/space
- Press if we can win the ball

#### Other defenders

- Knock out lines of pass and support the first defender
- See ball, see attacker(s)
- Close the ball/attackers/space
- Stay balanced and keep your shape, where appropriate

Zone rules

Cues



## Additional information

- U6-U7 play 4v4. Recommended playing formations can be found by [clicking on this link](#)
- Each exercise contains a link to further information about the practice, coaching points and accompanying video on [nwsfdna.com](https://www.nwsfdna.com)
- Coaches can find more resources at [nwsfdna.com](https://www.nwsfdna.com)



# NWSF DNA

Powered by NWS Spirit FC

[nwsfdna.com](https://nwsfdna.com)

[Coach education](#)