



Please turn your  
camera and  
microphone off!

# Minis Forum 2024





# Tonight...

- The recording & slides will be shared via the coach education group chat
  - We also use this to communicate upcoming coach education events
- If you have a question, put it in the Zoom chat

Join the WhatsApp group for direct updates!





### **Our mission**

Connecting our community through football to achieve “football 365”

# **NWSF DNA**

**Smart / Skilful / Athletic / Relentless / Tribal**

**Environment**

**People**

**Game**

### **Our football goal**

High quality people and players who have the DNA qualities that enable them to play at their highest level in football and in life



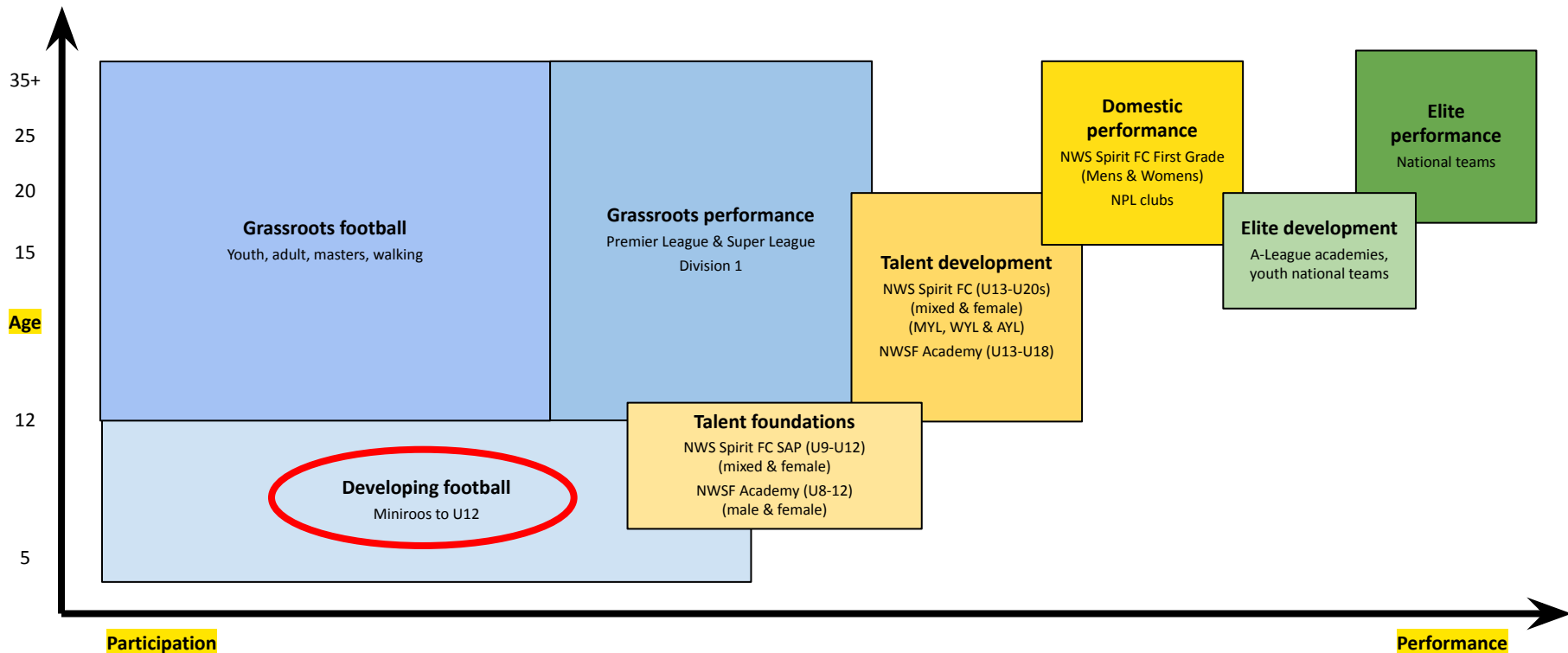
# A person with great DNA qualities...

<b>Smart</b>	People who understand the game and link this to the skills needed to perform
<b>Skilful</b>	People who have highly effective & adaptive skills and decision-making under pressure
<b>Athletic</b>	People who are consistently available and prepared for the various demands of football and life
<b>Relentless</b>	People who constantly strive to develop themselves and are resilient to challenges & setbacks
<b>Tribal</b>	People who are committed to their environments and the people within them

<b>X-factors</b>	<i>Players at the highest level typically not only develop all of these attributes, but can be distinguished or separated from their peers in one or more of these key words</i>
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# Pathway





Develop **people** by creating positive experiences in the **environment** & the **game**



# Coaching Miniros

- The coach is a role model
- Make football fun!
- Playing the game is the focus
- Be organised
- It's about enjoyment!



# Training







# Our role...

Make it engaging, and make it enjoyable



# Tips for managing Miniroos in training

- Players love football because of the ball!
- Clearly define the playing areas for games & practices
- Avoid long lines & elimination games, by making it inclusive
- Embrace organised chaos, especially in games!
- The smaller the game, the higher the repetition
- Start quickly, then SO CHANGE IT!



## Coaching behaviours

Find more tips at  
[nwsfdna.com!](https://nwsfdna.com)

Just as players have core actions they should aim to repeat in the game, so too should coaches have consistent behaviours to help them support learning and development, and manage the behaviour of players.

There are a wide variety of coaching behaviours that coaches are encouraged to adopt. Many of these are consistent regardless of the age, ability and experience of the players, as NWSF believes the primary role of the coach is to **facilitate positive environments and experiences.**

Watch the videos below to learn more about coaching behaviours you can develop. You can click on the titles to minimise each video once you have viewed it.

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### Preparing the session

A young boy with dark hair is captured in a dynamic pose, running across a grassy field. He is wearing a dark blue soccer jersey with white horizontal stripes on the sleeves and white shorts. The jersey features a crest on the chest that includes a soccer ball and the word 'ROVERS'. He is also wearing white socks with dark stripes at the top. The background is a blurred crowd of spectators, suggesting a match day atmosphere. The word 'Matchday' is overlaid in large, bold, yellow letters across the center of the image.

# Matchday



# Our role...

Make it engaging, and make it enjoyable



# U6s and U7s game rules

- 4v4
- Mini goals are used
- Play 20 minute halves
  - 5 minute half-time
- Use a size 3 ball
- One game leader on the field at a time
- No offsides
- No throw-ins, corners or free-kicks
- Match results and competition tables are not published
- Where possible, play against nearby teams in Central, South and North Zones



# U8s and U9s game rules

- 7v7
  - Approx 50x35m with 3x2m goals
- Play 20 minute halves
  - 5 minute half-time
- Use a size 3 ball
- No offsides
- Have keepers and a penalty area where keeper can handle the ball
  - Keepers must throw or pass from the ground within 6 seconds (cannot punt/drop kick)
  - Opponents 10m away on goal kicks
- Throw-ins, but can't score directly from them
  - Opponents are to be 5m away
- Corner kicks, and score directly from them
  - Opponents are to be 5m away
- Penalties can be awarded, and are from 8m out from goal
  - All others, besides the keeper, 5m behind the ball





# U10s to U12s game rules

- 9v9
  - Approx 70x45m with 5x2m goals
  - Penalty area 20x10
- 25 minutes per half
  - 5 minute half time
- Use a Size 4 ball
- Goals can be scored from an offside position
  - Game leaders to direct players standing offside, to move onside
- Indirect free kick for all fouls, hand balls & misconduct
  - Opponents 5m back from the ball when this occurs



# Game leaders (referees)

- In NWSF we are lucky we have a great number of junior referees that will cover your games, from U8s up
- Please remember for most this is their first year as referees and we want to keep as referees in our association for as long as possible.
- We encourage providing positive feedback to the referees only.
- If you feel there are performance issues that need to be addressed, you **must not** speak directly to the referee.
  - Instead, you should discuss this with your committee first.
  - Then, if required provide the feedback via the club to NWSFRA via [appointments@nwsfra.com.au](mailto:appointments@nwsfra.com.au)
- Should any parents on the sideline be calling out to the referee, they must be asked to cease.
  - It is the club's responsibility to control the behaviour of the parents.





Powered by NWS Spirit FC

# NWSF DNA Miniros

U6-U7 (4v4) training program

All this and more at [nwsfdna.com!](https://nwsfdna.com)

Week 2	Session 2 - Get into a line of pass
Week 3	Session 3 - Receive with inside of the foot
Week 4	Session 4 - Stop or delay forward progress
Week 5	Session 5 - Close the ball & space
Week 6	Session 6 - Be the poacher

12 Week Program	
Week 1 and 7	Session 1 - See player, see ball
Week 2 and 8	Session 2 - Get in line of pass
Week 3 and 9	Session 3 - Receive with inside of foot
Week 4 and 10	Session 4 - Stop or delay forward progress
Week 5 and 11	Session 5 - Close the ball & space
Week 6 and 12	Session 6 - Be the poacher

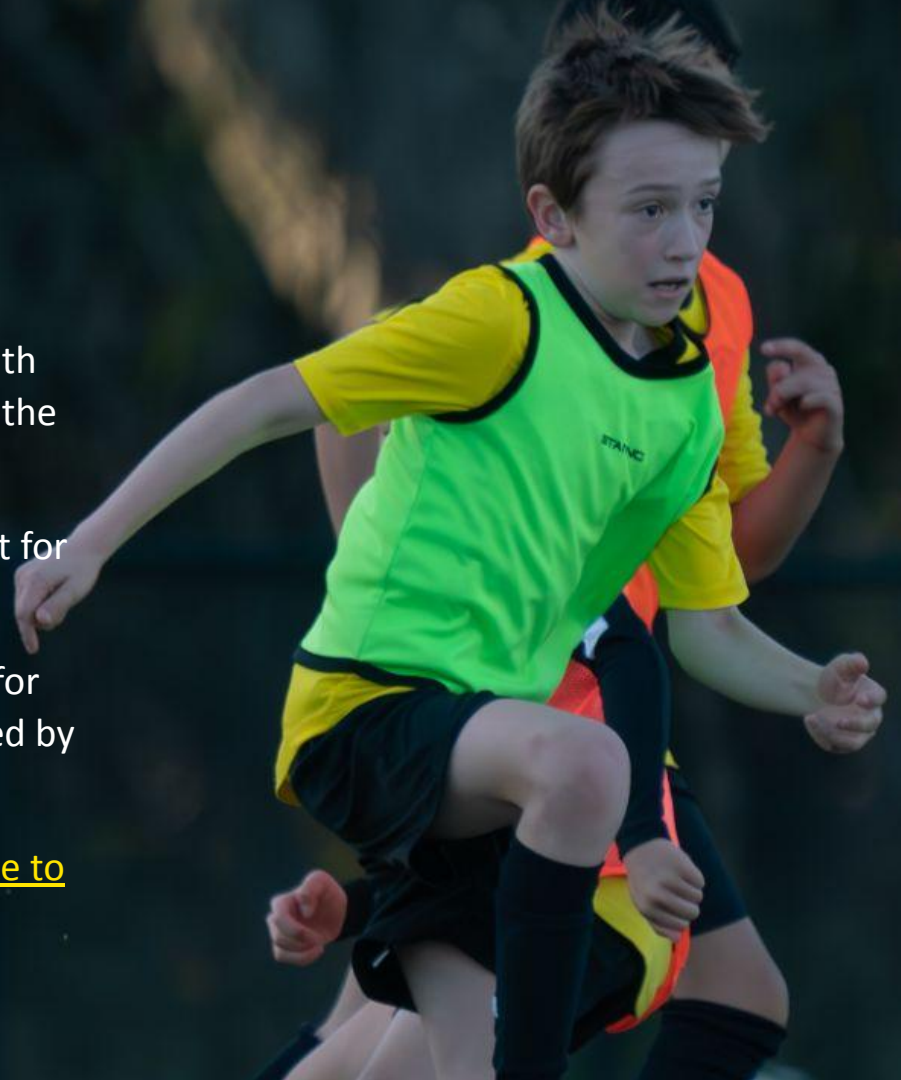
# Academy

The renowned NWSF Academy continues in 2024, with scouting taking place in the opening three rounds of the season, leading into trials at the end of April.

The Academy program then runs from May to August for U8s to U18s, boys and girls.

It provides an additional training session each week for selected players from the NWSF association, delivered by NWS Spirit coaches.

Interested in coaching in Academy? [You can nominate to be a coaching apprentice in Academy](#) now!





# Useful links

- NWSF DNA - <https://nwsfdna.com/>
- NWSF coaching resources - <https://nwsf.com.au/coaching-resources/>
- NWSF resources - <https://nwsf.com.au>
- Coach apprenticeships within the Academy - <https://form.jotform.com/200308583346857>
- Football Australia - <https://www.playfootball.com.au/miniroos/resources>
- SubTime app to manage timings of substitutions - <https://apps.apple.com/app/id1248650528>
- Dribl how-to-guide - <https://nwsf.com.au/wp-content/uploads/sites/31/2022/08/v4-NWSF-2022-Dribl-et-amsheets-guide.pdf>



**Questions?**



Thank you!