



Please turn your
camera and
microphone off!

The Minirooms Environment

2025



Tonight...

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





Our mission

Connecting our community through football to achieve “football 365”

NWSF DNA

Smart / Skilful / Athletic / Relentless / Tribal

Environment

People

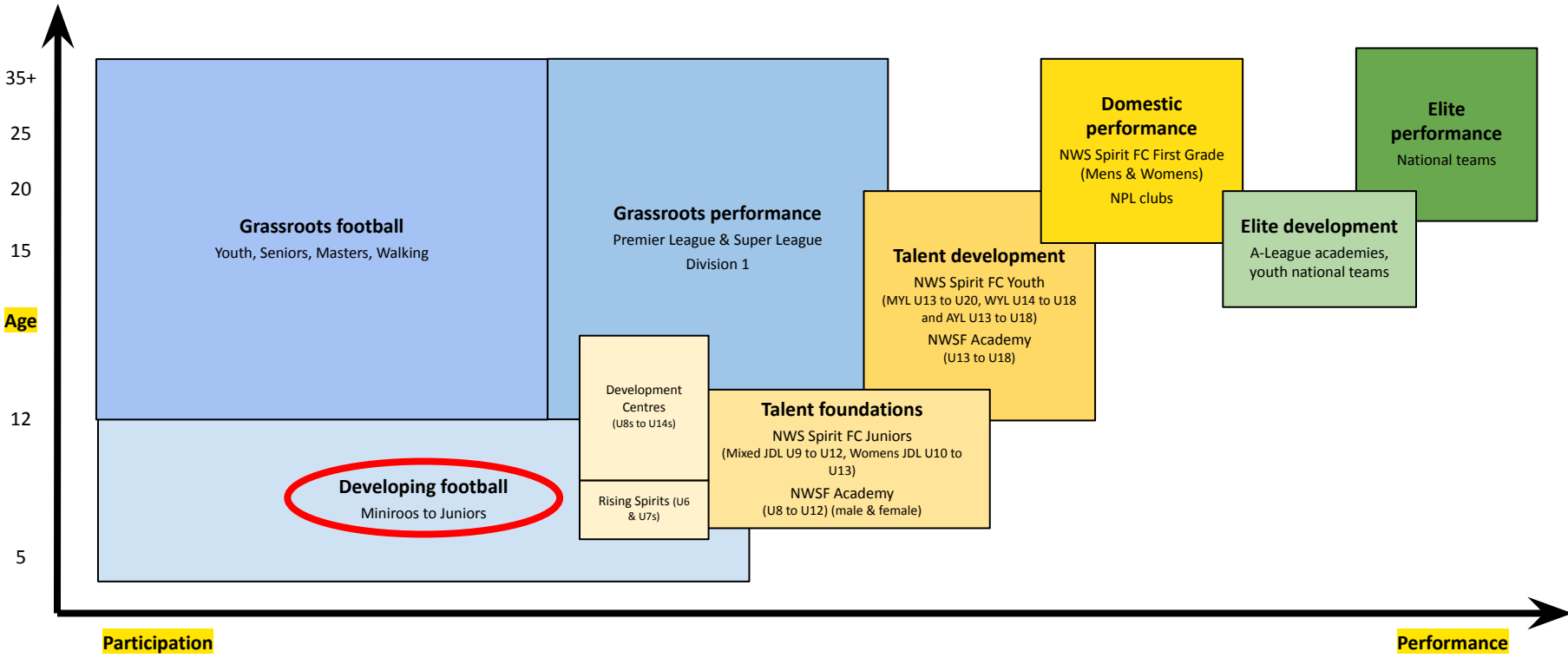
Game

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



Pathway





What is the role of a Miniroos coach?

- A role model for players
- A facilitator of a safe, enjoyable experience

that keeps players coming back to the game!





Training



Play

Get them started
playing a game

15 minutes

Skilful practice

A fun activity to
develop technical
skills

15 minutes

Athletic practice

A fun activity to
develop fundamental
movement skills

15 minutes

Play

Finish with the game
(which they love!)

15 minutes



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
- Embrace organised chaos, especially in games!



Coaching behaviours

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.

Preparing the session

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



Our **Miniros Certificates** provides practical demonstrations of the training format

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 the word "ROVERS". He is also wearing white socks with dark stripes at the top. The background is a blurred outdoor setting with green foliage and other people in the distance, suggesting a soccer match or training session. The overall lighting is bright and natural, typical of an outdoor sports field.

Matchday



Why small sided games?



More touches on the ball for players



More engaging, more enjoyable



U6s and U7s game rules

- 4v4
- Mini goals are used
- Play 20 minute halves
 - 5 minute half-time
- Use a size 3 ball
- Only 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



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

- In U6 and U7s, teams provide a game leader for one half of the match, each
- Football NSW provide a comprehensive guide for game leading [which can be found here](#)
- There should be one game leader on a field at a time. The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match restarts.
- Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement.





Referees

- In NWSF, we are lucky we have a great number of junior referees that will cover Junior matches, from U8s and above. For most, this is their first experience as referees
- Just as player retention is the number one priority for coaches, likewise, referee retention is also a priority
- Accordingly, only positive feedback should be provided to the referee.
- 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 club committee first.
 - Then, if required, the club can provide feedback themselves
- 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

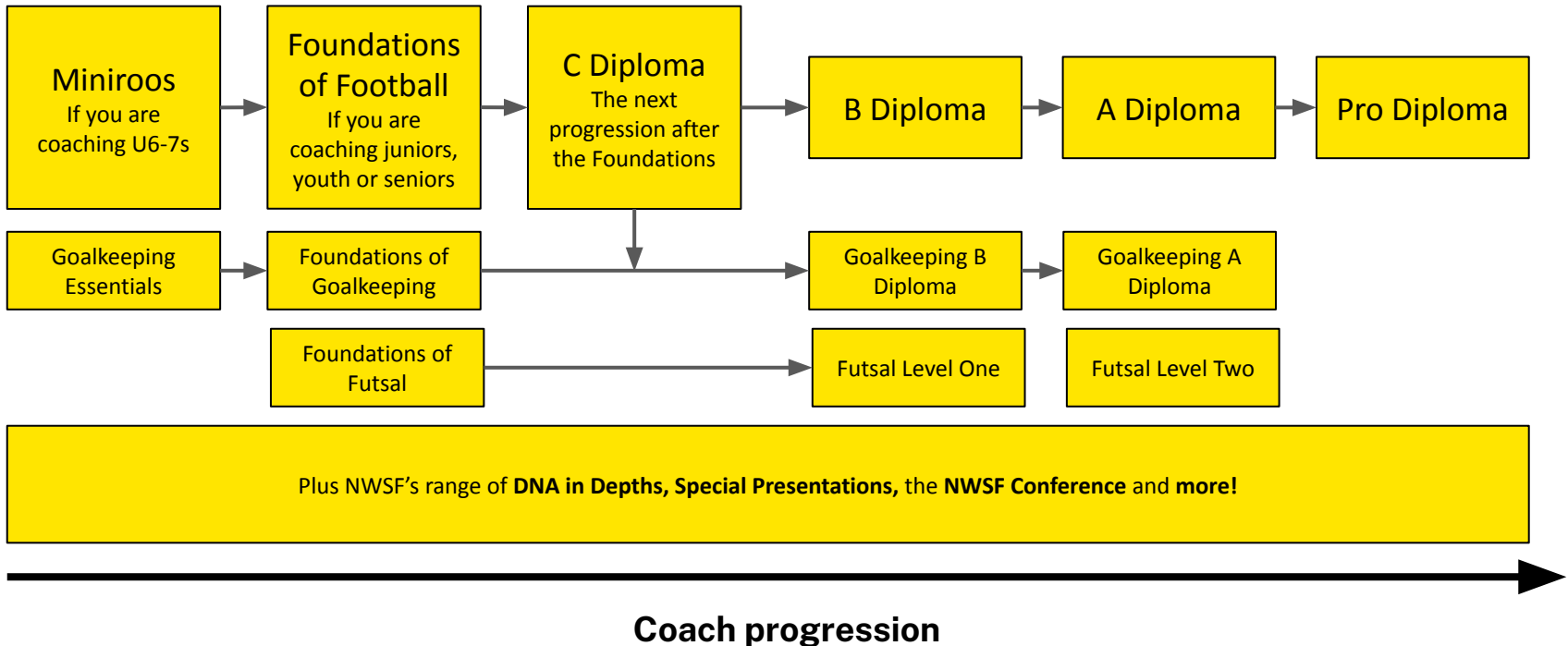
All this and more at [nwsfdna.com!](https://nwsfdna.com)

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

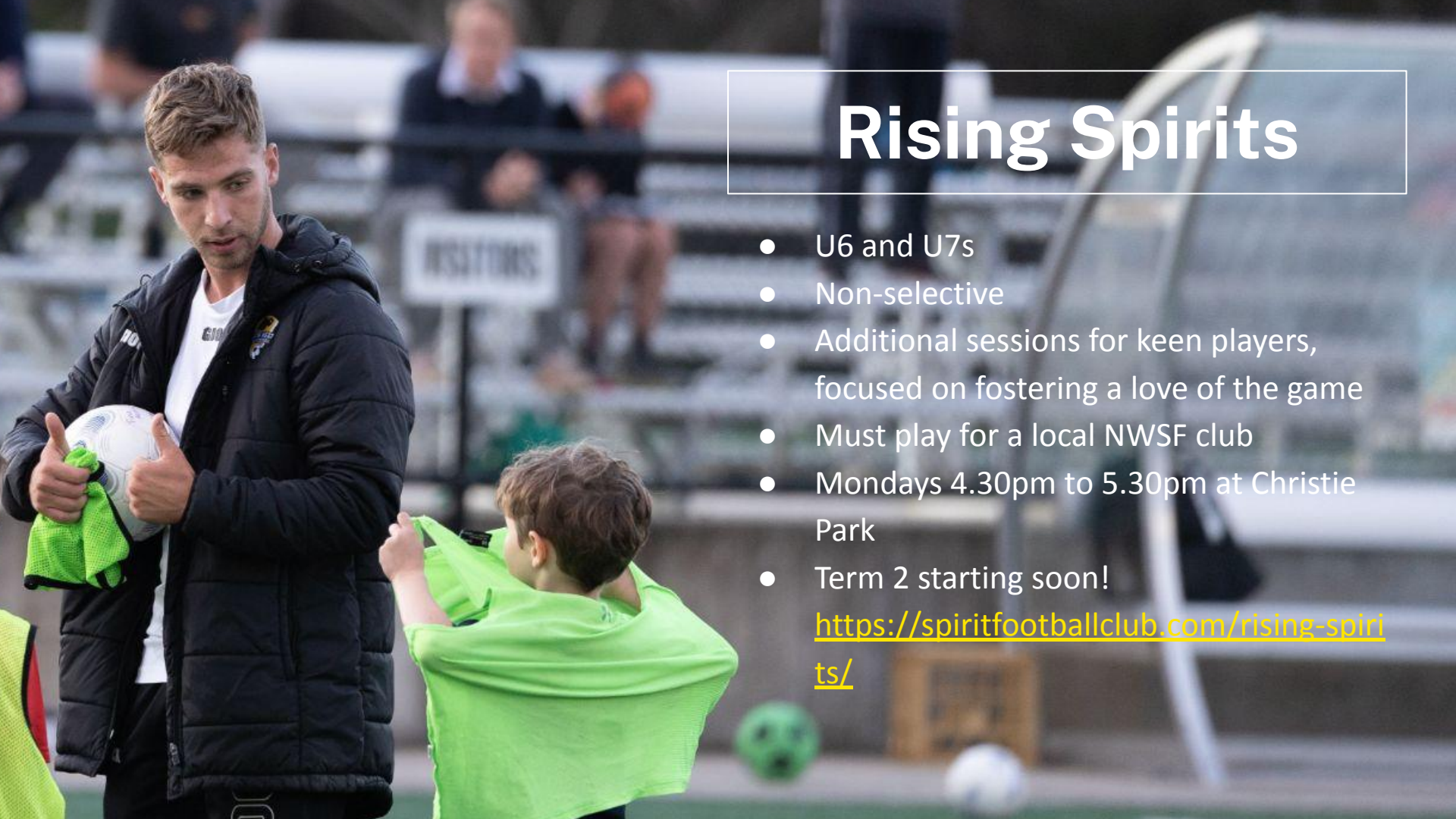


coach education structure





Find a Miniroos course near you



Rising Spirits

- U6 and U7s
- Non-selective
- Additional sessions for keen players, focused on fostering a love of the game
- Must play for a local NWSF club
- Mondays 4.30pm to 5.30pm at Christie Park
- Term 2 starting soon!

<https://spiritfootballclub.com/rising-spirits/>



More useful links

- NWSF DNA - <https://nwsfdna.com/>
- NWSF coaching hub - <https://nwsf.com.au/coaches/>
- NWSF website - <https://nwsf.com.au>
- NWS Spirit FC coach apprenticeships within the Academy - <https://form.jotform.com/200308583346857>
- Football Australia Miniros resources - <https://www.playfootball.com.au/miniroos/resources>
- SubTime app to manage timings of substitutions - <https://apps.apple.com/app/id1248650528>



Thank you!