

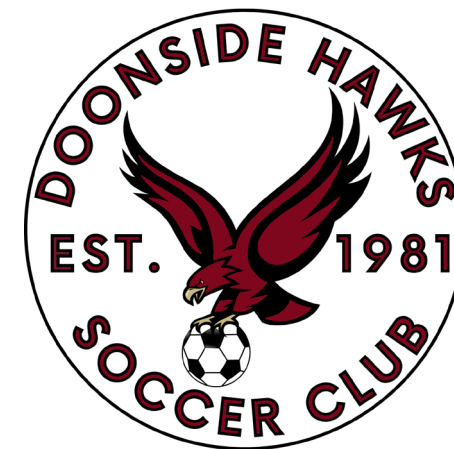
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**FOOTBALL
AUSTRALIA**



**FOOTBALL
NSW**



MINIROOS GRASSROOTS FOOTBALL COACHING CERTIFICATE - DISCOVERY PHASE

Organised by Doonside Hawks Soccer Club at Glendenning Reserve

Presented by Sean O'Connor

Grassroots Football Certificate 2008 - Game Training Certificate 2010

Presenter Grassroots Football Certificate 2023 – DHSC Club Coach Coordinator

President DHSC – Life Member 69 DHSC - 15 year Over 35's Player

PURPOSE

Not so long ago, children learned football by playing the game on the street or in the park, for hours, making their own rules. It was free play – with no adults to interfere – and they played because they enjoyed it. For a host of reasons, street football has virtually disappeared. The challenge today for grassroots football deliverers is to recreate that environment of FUN and freedom and deliver the learning foundation that street football used to provide.

We believe that this fun and free approach to playing football will give thousands of young players enjoyable football experiences that will foster a love and passion for the beautiful game that will last a lifetime.

With this guide we want to support facilitators in order to create a SAFE environment which empowers children to thrive by offering activities that suit their stage of development, age, abilities and interest.

We want to also stress the importance of adapting and modifying activities by embracing the rich diversity of our players and adopting INCLUSIVE practices. When planning games, it is important to understand each participant's physical, psychological, social and cognitive capabilities. Depending on their level, adjustments or modifications may need to be made to ensure all players are engaged and included in order to achieve an adequate level of success.



COACHING PATHWAYS



Community Courses	Building Block	Advanced Courses
SENIOR CERTIFICATE	PERFORMANCE PHASE	SENIOR C, B, A AND PROFESSIONAL DIPLOMA
GAME TRAINING CERTIFICATE	GAME TRAINING PHASE	YOUTH C LICENCE
SKILL TRAINING CERTIFICATE	SKILL ACQUISITION PHASE	
GRASSROOTS CERTIFICATE	DISCOVERY PHASE	N/A

INTRODUCTION

- **MISSION**

Provide high quality leadership and support for the football community and stakeholders, which continually raises the overall technical standard of football in Australia, ensures opportunities for all and fosters life-long support for the game.

- **VISION**

To become recognised as high quality service provider that improves the quality and enjoyment of football players and coaches at all levels of the game through implementing leading edge initiatives.

Why are we in the business of Coach Development?

We believe that coaches can, and should, have a direct impact on quality of the football experiences of all players that will lead to a lifelong love of and engagement in the game.





WHY ADOPT THIS FRAMEWORK?

- Based on tapping into children's natural desire to play more games
- Easy for a facilitator to organise and provides flexibility to deliver session between 25-50 minutes
- Develops 'thinking players'
- Enables children to freely express themselves
- Provides ample opportunities for children to experience success
- Encourages greater decision making and more game-specific ball contacts during practical sessions
- Develops children's passion and love of football

MINIROOS GRASSROOTS FOOTBALL COACHING CERTIFICATE TIMELINE - DISCOVERY PHASE

- Introduction Phase
- Beginning Practices
- Middle Practices
- End Practices
- Miniroos Game Day
- Debrief
- Resources



Introduction Phase



1. Ice breaker activity - Partner up with another coach and have the conversation for 2 minutes with each other asking the below questions:

- Why have you come along today?
- What do you enjoy about football?
- If you could be anywhere else in the World today where would you be?

2. Thank the coaches for their commitment to coming down today and taking advantage of the learning opportunity and thank them for being MiniRoos coaching and without people like themselves kids wouldn't have the opportunity to play

3. Instructor then introduces the philosophy of MiniRoos coaching and this becomes the backbone and overriding message throughout the course. Are your practices FUN? Are your practices Safe? Are your practices Engaging?

4. Ask the group what they think makes football practice FUN? What you might have to consider safety wise? And what do we mean by making practices engaging? (e.g., no lines etc)

5. Then introduce the structure of the session Beginning, Middle and End and that you as the instructor will show them some beginning practices, some middle and some end practices

6. Then finally introduce C.H.A.N.G.E.I.T and that if your practice isn't working or its too hard/too easy use the C.H.A.N.G.E.I.T theory rather than ripping the session up and not doing it again.

Beginning Phase

1. This is the part of the practice for "warming up" however a MiniRoos warm up doesn't need to look the same as that of a senior team. Get the coaches to go for a run around the square and then come back and do a few static stretches.
2. Then have a discussion around this warm up, is It FUN? Why isn't it FUN? Is it Safe? Physically yes, but not a "safe environment" as in this will highlight the "weaker kids" as they will be at the back of the line and this highlights them in the team, this may make a MiniRoo not want to keep playing football.
3. Do we need to stretch with MiniRoos aged kids? No, kids sit at a desk in the classroom for 3 hours before their lunch break, lunch bell rings, what do the kids do? Charge out onto the oval or playground and begging playing sport, running around and playing, do they warm up and stretch before this? Of course not, do they get hamstring pulls? No!



A close-up photograph of a soccer ball hitting a goal net. The ball is white with black hexagonal panels and is positioned in the lower-left quadrant of the image. The net is white and made of a hexagonal mesh, extending from the ball towards the right and slightly upwards. The background is a blurred green field. The right side of the image is cut off by a white, jagged, torn-paper-like edge.

Beginning Phase

4. Now the instructor shows 3 beginning practices and discusses them around the Safe, Fun, engaging methodology after each demo practice. What makes them safe, what makes them Fun etc

5. Practice 1 -Snowball Tag - players run around the area, 3 players are handed bibs to hold and are the taggers, they then chase after the other 8 players in the grid and when they get close gently tag a player on the body and then pass them the bib and they now become the tagger. Discuss around C.H.A.N.G.E.I.T what might you have to change if it becomes too easy and boring? What might you have to change if the session is too hard? Change the numbers of taggers etc

6. Practice 2 -3 Team Tag-players split into three teams (one yellow, one orange, one non bib) each player has a ball each. Yellow team have to dribble their ball around the area and try to tag the orange team, orange doing the same but tag the non-bib, non bib the same but tag the yellow team. For every tag you get a point, after a minute teams converge together and work out their team total points. Then flip the game around with orange now tagging yellow etc

7. Practice 3 -Soccer Stuck in the Mud -players in the area with a ball each dribbling around. 3 players are the designated taggers who wear a yellow bib and remain taggers for one minute. They have to dribble their ball around and try and tag a non-bib player, once a non-bib player is tagged, they pick their ball up and put it above their head with their feet wide apart, to get "unstuck" a free player has to dribble up to them and do a "nutmeg" this player is now free. Have the rule in that a player who is rescued has 5 seconds before they can get retagged, discuss: why we do have this rule?

Middle Practices

1. This is part of training where the practices introduce a football skill to the players. For MiniRoos aged players we look to introduce lots of dribbling and touches on the ball and introduce striking the ball with passing (however we must stress that players in this age aren't necessarily going to master passing in combinations as a team like we see on the TV in the A League} Once again discussions held after each practice around what makes the practices FUN, Safe and engaging as well as the C.H.A.N.G.E.I.T process.

2. Practice 1- Pairs passing - Players in pairs inside the area. Inside the area there are several mini gates placed. The pairs start at one gate each with one partner having the ball facing the other, the player with the ball passes it to their team mate who then dribbles the ball to a new gate and their partner follows them, when they reach a new gate the partner with the ball passes it to their partner and the process goes round again. How do we change this practice if it gets too easy/boring? Ask the coaches for their ideas what they would do Some ways can be use left foot for a minute, then right foot for a minute etc, another way is that each gate they visit is a point, how many points can they get in 2 minutes etc

3. Practice 2 - Gate Dribble - Same set up as the previous pairs passing with the gates in he area however this time each player has one ball each. The players then dribble their ball around the area trying to go through as many gates as they can. Similar discussion as above How do we change this practice if it becomes too hard/too easy or gets boring?



Middle Practices



4. BAD PRACTICE - get the players lined up one behind another, one player at the front with a ball and they then dribble through the cones in front of them then bring the ball back and the next player goes. Highlight to the coaches after two minutes Is this practice FUN? No why isn't it? Is it engaging? No ... Why isn't it? Compare that practice to gate dribble, why is gate dribble a better practice for MiniRoos players?

5. Practice 3 - Dribblers and Robbers - players are placed inside the area 3 people start as the robbers without the ball, the remaining players have a ball each and are the dribblers. Dribblers dribble their ball around the area, the job for the robber is to chase after a dribbler and then cleanly pinch their ball and put their foot on it for one second. Once they do this they now become the dribbler and run away with the ball and the player who lost their ball is now the robber. Emphasise why we have the rule of pinching the ball and not tackling safety element so we take out the big swinging kick to try and tackle and we encourage players to pinch the ball when tackling to gain possession of the ball (hidden learning) If this practice becomes too easy/too hard how do we change it? Reduce or increase the amount of robbers

End Practices

1. This is the part of the session where a game is played. Emphasise that games are so important and need to be played as much as possible at training and should be the largest component of your session Why? Because if kids were left to their own devices with a bag of balls, stack of cones, training poles and bibs what would they set up? Will they set up one of the practices we just played? Or would they set up a mini game? Of course, they would set up a game Again, what do they play at lunch break? They play a game! These End practices are going to show you different ways to play games.

2. Game 1- 4 goal football - normal game of 4v4/ SvS however two goals are placed at each end of the pitch a few steps apart. One team defends one set of goals and scores in the opposite end and the other team does the same in the other direction. If the ball goes off the side of the pitch the play restarts with the team who's ball it is either run the ball on or pass the ball on. If a team scores or play the ball over the back line then the play restarts from the back line in the same way however the opposite team have to be back in their half of the field (Why do we have this rule? Why is this important?) What do we do if one team is stronger than the other? C.H.A.N.G.E.I.T

3. Game 2 - Skittle Football - balls are placed on top of cones at each end of the pitch and there is an exclusion area of cones around the balls. The balls and the exclusion zone are also placed on the pitch with space behind for players to move around with the ball(similar to ice hockey). Normal game of football however to score the team in possession try and knock the balls off by passing the ball at them, however many balls they knock off is how many goals they score.





Miniroos Game Day

1. Get the coaches into partners and get them to run through the three key messages they are going to take away from the course
2. Thank them for attending the course and inform them of further learning opportunities (Upcoming workshops and courses, and that they will be emailed the MiniRoos activity book, CCC support if they have a CCC at their club) then also they will receive a survey from association in regards to the course, please complete to help us improve our courses

Debrief

1. Get the coaches into partners and get them to run through the three key messages they are going to take away from the course
2. Thank them for attending the course and inform them of further learning opportunities (Upcoming workshops and courses, and that they will be emailed the MiniRoos activity book, CCC support if they have a CCC at their club) then also they will receive a survey from association in regards to the course, please complete to help us improve our courses



A soccer ball is shown hitting the net of a goal. The ball is white with black hexagonal panels. The net is white and has a hexagonal pattern. The background is a blurred green field.

Resources

Coaching Hubs

- <https://www.playfootball.com.au/coach>
- <https://footballnsw.com.au/coaches/>
- <https://bdsfa.com/coaches/>

Coaching sessions

- <https://www.playfootball.com.au/coaching-sessions>

Laws of the Game + Local Regulations+ Policies

- <https://downloads.theifab.com/downloads/laws-of-the-game-2021-22?l=en>
- <https://bdsfa.com/resources/regulations/>
- <https://bdsfa.com/resources/policies/>

Manuals

- <https://www.playfootball.com.au/coach>
- <https://www.playfootball.com.au/coach/resources>
- <https://www.playfootball.com.au/sites/play/files/2020-01/MiniRoos-Activity-Guide.pdf>
- <https://www.playfootball.com.au/sites/play/files/2018-01/Skill%20Training%20Participants%20Manual.pdf>
- <https://www.playfootball.com.au/sites/play/files/2018-01/Game%20Training%20Participants%20Manual.pdf>

DHSC Document Library including Codes of Conduct

- <https://doonsidehawks.com.au/document-library.html>

Practical Assessment

Let's all head outside onto the field and have some fun!

Now everyone will have the chance to be the coach and teach us as the players in a replicated training simulation.

Take 5 mins to rehydrate and have a break.

Meet you outside on the Miniroos Field 1.





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