



Mini Roos Notes for U6 and U7 Parents, Managers & Players 2017

The following is an outline of some of the key points in relation to your child's registration with Northbridge:

Where the detail for 2017 is not available the relevant information for 2016 has been used as a guide.

During the season information on the topics below and other relevant points will be forwarded via the team managers from the Age Co-Ordinator.

Registration Fees

Registration can be completed online and paid via www.northbridgefc.com.au.

The registration fees for the 2017 season are \$245 per child. For multiple registrations there is a \$20 discount for the second child and \$40 for the third, so 3 children would cost \$655 ($\$695 \times 3 - \40).

For new players this includes a bag, ball and pump (these will normally be distributed to the team managers late March).

Players are required to purchase their own boots, shirts, shorts and socks.

Based on 2016 the shirts, shorts and socks were \$25, \$10 & \$5 respectively.

There will be numerous dates advised to parents during the season to purchase any clothing and also online via www.northbridgefc.com.au.

Formation of Teams

The ideal number for each team is 10-12. As 8 kids are on the field at one time this will allow a couple of extras to sub on during the game and also to cover sickness and holidays etc.

If you have a team of 10, 4 will play on say Field 1 and at the same time the other 4 will play on say Field 2 with a reserve on each field.

U6 & U7 teams will generally be formed based on friendship teams starting from Kindergarten teams or other friendship groups etc.

If you have already grouped a number of kids to form a team these details can be sent through to the Age Co-ordinator.

The Age Co-ordinator will review comments made on the registration and then group kids based on the school attended etc. They will email all the parents at say Northbridge Public asking how they want the teams split. This will generally assist in sorting out the teams and the majority of the teams will be formed based on what school they attend.

Note the Co-ordinator has the final say in the formation of the teams.

Each team will need a Manager and Coach and also a name such as Tigers, Soccerroos etc.

Role of the Manger

The team managers are the point of contact with the Age Co-Ordinators and then with their teams.

Primarily this will involve being the point of contact between the age co-ordinator and their team members, organizing teams each week and keeping their teams informed of any relevant information, following up on wet weather issues, updating game results each week

The managers themselves or organize someone each week to keep the game scores and monitor the game time.

The weekly results are entered onto the NSFA website by the managers.

It is appropriate at each game to have the match card signed by the opposition manager to avoid any discrepancies with the scores. Details on updating the scores will be provided to the managers prior to the season starting.

Due to the number of players (In 2016 there were over 300 U6 players) it is not practical to communicate directly on all instances with each parent so the point of contact will be the manager.

Tip: setup group emails and SMS details to communicate with your teams. The Age Co-Ordinators should also do this for the team managers of their age group.

Some teams may nominate a back up person to cover the role when they are on holidays or sick.

Mini Roos 2017

The games are 4 players v 4 players.

No goal keepers.

No throw ins – when the ball goes out there is a kick in.

No corners. The ball is restarted from the goal line by the defending team.

No offside.

After a goal has been scored the game is restarted from the halfway line.

The notes on the Role of the Managers include some relevant rules for U6 & U7 teams.

Each team needs to provide a parent to referee one of the games. This role should be shared amongst the parents.

Training Schedule

The 2016 training schedule can be viewed on the club's website as a guide for available locations and times.

Each team will decide what is their preferred time and location. Preferences will be asked for by the age co-ordinator in March.

Each team will also appoint a coach. Normally this would be a parent. With the number of teams it is very difficult to have paid club coaches for all teams.

The Northern Suburbs Football Association (NSFA) will run a number of training courses for coaches during the season. The main one for first time coaches would be the Grassroots course. The NSFA website is www.nsfa.asn.au for more details and if the Age Co-Ordinators receive any relevant information this will be forwarded to Team Managers.

Circuit Training

In 2010 the club introduced a training programme called “Skills Acquisition Programme” or Circuit Training.

Research by Football Federation Australia has identified that the 4 areas the kids need to focus on are as follows;

- 1st Touch
- Striking the ball (passing)
- Running with the ball
- 1v1

The Club is committed to ensuring your children learn these basic skills and will continue with this programme during 2017.

The basics of the programme are that 4 teams are guided through training by a club appointed professional coach who will demonstrate/oversee/ correct / & mentor team coaches (and players) and generally review the training of the 4 teams in each circuit.

On the field, about every 10-12 minutes teams will rotate separately through 4 training exercises that are matched to the themes.

The programme will include juggling and ball mastery (sole taps, toe taps, cutting etc) plus some (age appropriate) tricks and skills. Teams also finish off with a game of 4 v 4.

The curriculum for the year is currently being finalised with each team coach to be provided with the weeks training in advance.

Ultimately the best training technique is practice focused disguised repetition achieved through a variety of fun games which will make this programme not only great for the players, but also the Coaches. The available times and locations for the Circuit training will be advised later in March.

Each team will still need to have their own coach.

School Holidays

The NSFA will schedule games on the first Saturday and last Saturday of the April and July school holidays. This may vary depending on the timing of Public Holidays.

No games are scheduled on the middle weekends of the school holidays.

Northbridge FC holds training camps during the school holidays. More details will be emailed to players about registration etc closer to each of the school holidays.

Trials and Grading

There will be a number of trial games in late February and March.

Note these trials are always on a Sunday as the fields are still booked by Cricket clubs on Saturdays.

The last two Sundays of March may include trial games against other clubs but this will be confirmed to the Team Managers closer to the time.

The trials are used as a guide to grade the teams. The focus is not to grade individual players.

The NSFA takes the view that during the season the teams should be reasonably matched and teams will be regraded (based on results during the season) up or down every 4-5 weeks. Whilst there may be the occasional lopsided game hopefully teams will win/lose 50% of their games.

The Age Co-Ordinators prepare draws for the trials. For the first week for the U6 teams this is just a guess as no prior guide on performance. The second week would generally split the winners from the first week to play each other etc.

The U7 teams have some past history and there may be less guess work for the co-ordinators on working out the draw for the trials.

The trials will generally be a round robin of 3-4 shorter games (10-15 minutes). This will depend on the setup of the field and the number of teams.

As a guide from the last 2 years there may be 26 U6 teams etc so the trials may be held over 2 hours each weekend.

Where are the Games Played?

U6 & U7 teams will normally play at the following fields:

- Bales Park – Chatswood – note parking restrictions on Saturday.
- Tunks Park – Northbridge - parking nightmare – preferred option is to access the field from the Cammeray side and leave via the Northbridge side.
- Regimental Oval – Lindfield – usually some construction parking restrictions.
- Blackman Reserve - Lane Cove

The NSFA Gala Day in late August may be played at other fields in the area ranging from Tunks Park to Foxglove Oval Mt Colah etc.

Note: the club and NSFA struggle each year to maintain the quota of fields allocated to Football. It should be a priority to pick up rubbish when leaving the fields and be on the best behaviour to not upset the local neighbourhood with poor parking, leaving rubbish behind etc.



Pick up your rubbish and keep the fields clean.

What Days are the Games Played?

The trial games in March are played on Sundays due to prior bookings of the fields for other summer sports.

All competition games are played on Saturdays.

In 2016 the starting times for U6s was from 8.15am to 10.30am and U7s this was 10.30 to 12.30am.

The only exception to the above may be the Northbridge Gala Day at the end of the season as it may be played in the afternoon for the U7s.. This will be advised in August.

Bales Park – Field Setup & BBQ Duty

For the U6/U7 the home ground for Northbridge is Bales Park.

The NSFA will appoint a Ground Controller to look after the field, first aid etc.

The Age Co-Ordinator for the U6s will nominate 1-2 teams each week to assist with the field setup. These teams should be there at least 30 minutes prior to the start of play. Note this is not voluntary and as assistance is required to dress the fields in time for the games to commence.

The U7 Age Co-Ordinator will nominate 1-2 teams to assist with the pack up of the goals and check the ground for rubbish.

The Age Co-Ordinators will also nominate teams to assist with the BBQ at Bales Park.

With the opening of the canteen at Bales and the BBQ during the final rounds these club activities will become a large fundraiser for the club.

Teams will be nominated to assist for an hour or so on the BBQ during the season.

Note not all U6/U7 teams will play at Bales Park and the duties will be shared as evenly as possible. Your team may called on to assist more than once during the season.

Parent Behaviour and Sport Rage

The following comments are made:

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.

- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Encourage fair play
- KEEP YOUR EMOTIONS IN CHECK

The majority of parents do a great job of contributing to an enjoyable sporting environment for everyone. But others could be unwittingly creating tension which contributes to sport rage. Which parent are you?

The Screecher focuses on the negative and yells constantly at the players and officials. The Screecher must learn to see the positive things in the game and make an effort to ignore mistakes.

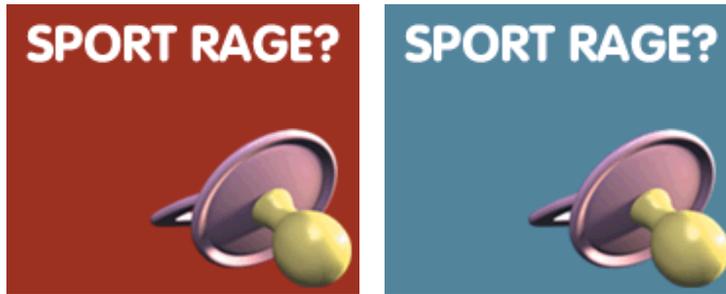
The Try Hard is overly positive, cheering so hard it can be embarrassing for their kids. It is also irritating for the coach, players and other spectators. The Try Hard must learn to balance their enthusiasm.

The Analyst takes notes to analyse performance. They relive the match with their child and point out things to do better. The Analyst needs to learn to leave the coaching to the coach.

The Wannabe lives their dreams through their child. They treat their child's game as if it were their own. The Wannabe needs to drop the win at all costs attitude and remember it's not their game.

The Not Really There is so busy catching up with the news for the week and talking on the phone that they pay no attention to the game. The Not Really There should remember a little encouragement goes a long way.

The Five Star Parent (you?) focuses on the child's effort and not the outcome. They respect and thank the coach, officials and opposition. They are positive supporters and keep in mind the role they are playing on the sideline.



What children really want from sport

Sport provides many valuable learning experiences, but for most children enjoyment is the most important outcome. If they don't have fun, they will not want to play.

Ask children and you'll discover the scoreboard, trophies and winning are not really that important. While they may not remember the score from a game played just two weeks ago – they will recall a funny incident or who they played with after the match. In fact, one of the most satisfying things about sport for children comes from being with their friends and being part of a team.

All adults involved in children's sport – parents, spectators, coaches and officials – can help children get maximum enjoyment from sport by focusing on what they like most about the game. Emphasise the importance of effort and having fun, rather than the score.

Top tips

- ✓ Talk about trying hard and having fun, not just winning
- ✓ Don't pressure children – it's their game not yours
- ✓ Never criticise or ridicule children
- ✓ Discuss with children what they enjoy about a game

Working with Children

Managers and coaches will be required to register for a Working with Children number with the RMS.

This is a compulsory requirement set by the club.

Teams won't be able to participate in the competition unless this has been completed by the team manager and coach.

Further details will be sent by the age co-ordinator and link on registration.

Team Photos

During the season the NSFA arranges a photographer to take team and individual photos.

In 2016 the photos were taken in June/July over a range of dates at Bales Park.

The Age Co-ordinators will advise the Team Managers of the dates closer to the time. Team Managers will need to make a preference at that time.

Gala Days

There are normally two Gala Days at the end of the season.

The NSFA Gala Day for 2017 is expected to be on 19 August and the Northbridge Gala Day will be on 3 September.

At the Northbridge Gala Day the players receive the trophies which are individually engraved for each player.

The Gala Days are a series of 3-4 short games as a round robin and would normally be 2-3 hours.

Trophies

At the end of season Northbridge Gala Day each child receives an individually engraved trophy.

The list of names and spelling is taken direct from the database.

Competition Dates

The first competition game should be 1 April 2017 with the Northbridge Gala Day ending the season on probably the 3 September 2017.

Wet Weather

It will rain during the season which will impact games and training.

If the relevant council closes the field no play or training is allowed.

The majority of instances the council will provide reasonable notice about any cancellations but other times this may be on the Friday night before the game or on the Saturday morning of the game.

The Ground Controller also has the option of cancelling play should there be a dramatic change in the playing conditions.

The wet weather numbers are:

Willoughby Council 9777 7631
Lane Cove Council 9911 3585
North Sydney Council 9936 8220
Ku-Ring-Gai Council 9424 0754
KDSA 1900 957 016

The above council websites may also provide more detail.

Draft Timetable – BASED ON 2016

5 March 2017	Trial/Practice Games
12 March 2017	U6 Trial Games
19 March 2017	TBC – NSFA Fun day for U6s
March 2017	Training bags, and kits for new players handed out by the Age Co-Ordinators! Working with children details completed.
1 April 2017	The Season Starts

As the NSFA regrades the teams every 4-5 weeks the draw for the season will only be released 4-5 weeks in advance and can be accessed via the NSFA website.

**Martin Dickey
12 January 2017**