



Established 1969

<https://balmainfootball.com.au/>

2022 Information for:

- Under 6
- Under 7



Community

Participation

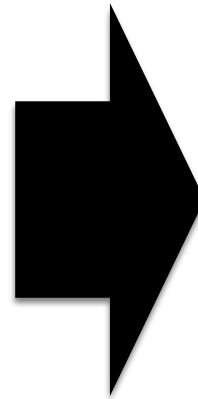
Achievement

This year at Balmain DFC



A community-based club that encourages participation and celebrates achievement at all levels

2930+ Players
Including 980+ girls & women
4 - 70 years old



Over 215 teams

All Abilities
Tiny Tigers
Juniors
Youth
All Age
Over 35/45/50 Men
Over 35 Women

430+ Coaches & Managers

32 Age Coordinators

11 Executive Committee members
managing across 5 sub-committees

Development

Female
Football

Finance

Registration

Grounds

Ultra Football Kit 2022



- U6 players will get an Ultra Football credit to cover ordering their full kit through Ultra Football (shirt, shorts, socks)
- U7 returning players will receive a \$25 Ultra Football credit that can be used in the BDFC Store on the Ultra Football website
- New U7 players will receive an Ultra Football credit to cover ordering their full kit
- Players need to bring their own boots and shin pads.



U6 – U7 Manager Actions

- ✓ Check team kit readiness for kick-off
- ✓ Contact playerstrip@balmainfootball.com.au or visit the [FAQs](#) on the club website.

U6 – U7 Format



Playing times

Waterfront Oval (Callan Park)

- Mixed U6 - Saturday 8:15am & 9:20am
- Mixed U7 - Saturday 10.30am & 11:30am
- Girls U7 - Sunday 9am

Cohen Park (Annandale)

- Girls U6 - Sunday 8am & 9am

Teams

- Squads of ten are formed for training & match-days
- On match-days squads are divided into 2 teams to play another equally divided squad
- Both matches for a squad of ten are held at the same time
- The coaches of each squad act as game leaders for the two games

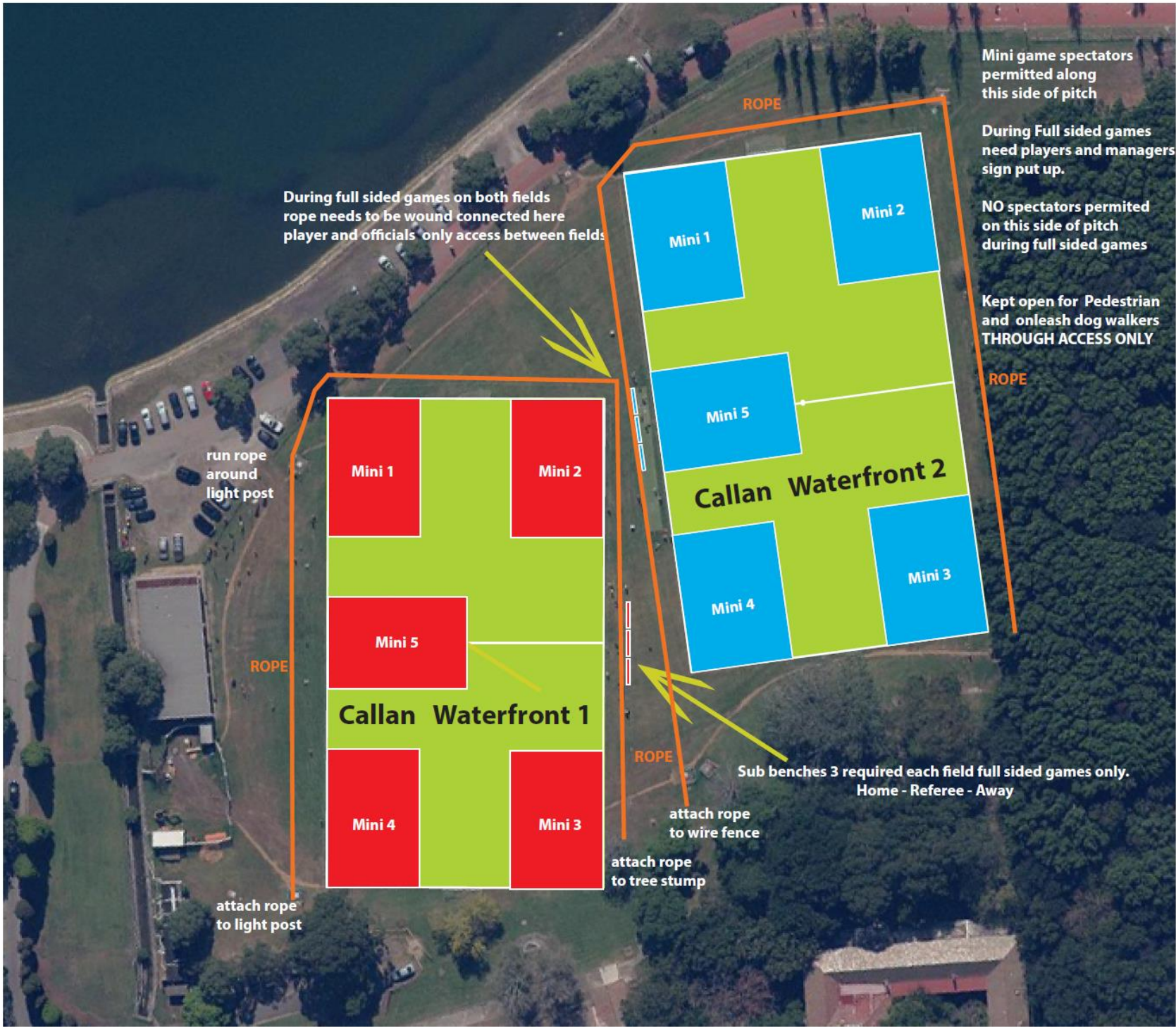
Training

- U6-U7 have the option of training each week at the same time and place
- Training schedules can be found in the C&M Quick Links area of the [Balmain DFC website](#)

Game Format

- Four-a-side games
- 2 x 20-minute halves with a 5-minute break
- No goalkeeper
- Mini pitch (30m x 20m)
- Size 3 Ball
- Non-competitive format

Field Layouts for U6 & U7 Games at Waterfront Oval



Coaching for U6-U7s:



These age groups are in a Discovery phase, under the Football Australia (FA) curriculum. More details can be found [here](#).

The focus of football coaching should be on individual game skills. Focusing too much on teamwork and team play is premature at this stage.

1. Attacking skills

- Passing the ball
 - Any part of foot is allowed, i.e. toe, laces, instep, heel
 - Do not teach one-touch passes at this stage, teach receive & pass
- Receiving the ball
 - Trapping the ball, receiving ball on the ground, in the air, control of the ball in any position
- Dribbling
 - Running with the ball, changes of directions, changes of speed, followed up by striking the ball or passing the ball.
- Shooting
 - Always practice and perform shooting to a goal (goal out of poles, boots ...) with a goalkeeper in a goal

Coaching for U6-U7s (continued):



2. Defending skills

- Capturing the ball
 - Practice “stealing” the ball from an attacker and protecting your goal
 - Kids do not understand abstract terms such as “pressure”

For providing the best environment for learning we should have:

- A ball for each player
- A session plan (an idea of 3-4 things to do)
- Allow time for a game
- Teach through a game environment
- In each training session all individual game skills should be used (some can be more dominant or frequent)

Here you can find [sample activities for U4-U7](#).

BDFC Coaching Resources for U6/U7: <https://www.balmainfootball.com.au/coach-resources/#tab-afe1e8b24e98900d03c>

GAME LEADER – U8 - U11



- The Game Leader program has been adopted to allow younger children aged 11+ an opportunity to build confidence and understand responsibility by "refereeing" games for U8's – U11's.
- Once accredited, the GL will be leading games under the guidance and support of mentors who are accredited to ensure the GL are running games in the correct manner.
- This allows parents to take a seat and just watch and enjoy their children play.
- GL are given the skills they need to make sure the game runs seamlessly with minimal stoppages.
- The GLs are expected to not only act as referees but also aid players by teaching them the correct way to perform a skill.
- <https://www.balmainfootball.com.au/game-leaders/>

Team Communications



U6-7 teams

- Most communication for U6-7 teams will come directly from their coach or manager.
- Coaches and managers may choose to use an app (such as WhatsApp) to manage the communication for their team.
- Coach and Manager is first point of contact for parents.

Why use an App?

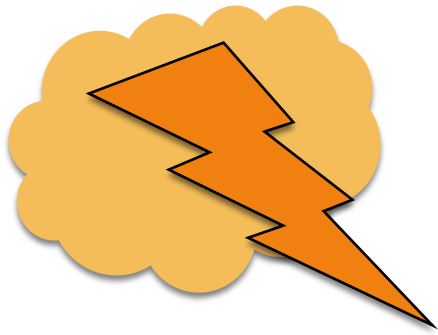
For players & parents

- Keep parents informed about scheduled training and game times
- Allow easy exchange of information between parents
- Instant alerts for last minute changes

For managers

- Families of team members easily available for contact
- Send reminders for all events
- On hand access to players contact details
- Send changes/updates from any device

Wet weather:



Wet weather procedures

Rain alone doesn't stop play, but when there is risk of damage to pitches or injury to players, grounds may be closed by the local councils, clubs or referees.

- The Club will provide updates via social media for wet weather closures of Training & Games as soon as they are known
- It also pays to check the [local council](#) hotline or website for the most up-to-date to date ground status.

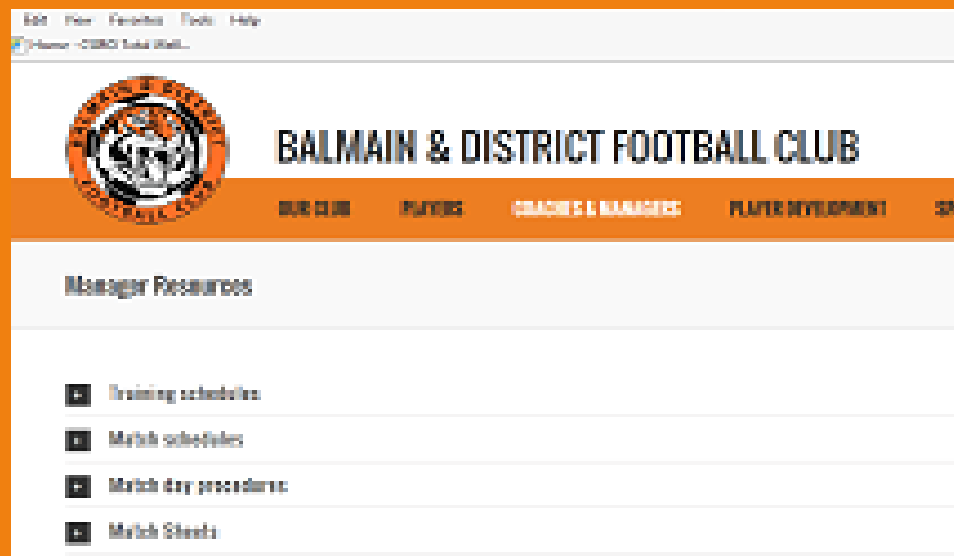
Beware:

During wet weather, grounds may be closed at any time - even once you have arrived or started play

When you need information or help?



Our website



<http://www.balmainfootball.com.au>

Our website contains:

- All information & links required by managers and coaches
- Coaches resource area with sample training plans and additional resources to support coaches

Your age coordinator



Executive Committee & sub-committees



[Development](#)

[Registration](#)

[Finance](#)

[Grounds](#)

[Female Football](#)

Your Age Coordinators



Age Group	Coordinator	E-mail
6 Mixed	Gillian Graham-Crowe	BDFC.U6coordinator@gmail.com
6 Girls	Lani Curran	Lanibdfc@gmail.com
7 Mixed	Emma Huts & Sinead Fitzgerald	em.bdfc@outlook.com sinead.bdfc@outlook.com
7 Girls	Michelle Fryirs	mfryirs@gmail.com

HERO BIG SHOT



SET OF TEAM HEROCARDS



TEAM SHOT



TEAM PHOTOS JUST GOT BETTER!

Balmain & District Football Club can now offer their members an exciting new team photo experience. *herocards* are group and individual portrait photos, delivered with a dedicated design to showcase their team's unique personality. All to suit their family's needs and budget.

Matt from *herocards* will be in touch with BDFC Age Coordinators, managers/coaches during the next few weeks!

TO ORDER

Photoshoots start from May at BDFC home grounds. Contact Matt at info@herocards.com.au to book in a time for your team



For more information go to our website

herocards.com.au

Coaches & Managers night



Save the date...

Coaches, Managers & Pitch Managers are invited to

Balmain & District Football Club

Coaches & Managers night

UTS Haberfield Rovers

7pm on 18 June 2021



Questions?