



Established 1970

Balmain & District Football Club

Coaches & Managers Information 2023

Under 6 & Under 7



Community

Participation

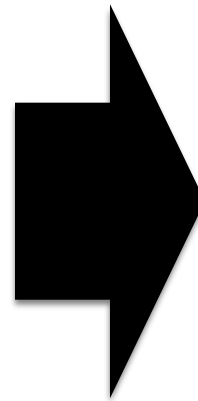
Achievement

This year at Balmain DFC



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

3,004 Players
Including 1,045 girls & women
4 - 70 years old



220 teams
All Abilities
Tiny Tigers
Juniors
Youth
All Age (Men & Women)
Over 35 Women
Over 35/45/50 Men

480+ Coaches & Managers

32 Age Coordinators

11 Executive Committee members
managing across 5 sub-committees

Development

Female
Football

Finance

Registration

Grounds

Partners



Premium Partners



Phil Gilbert



Season Partners



Preferred Partners





Phil Gilbert Kia

WEAR IT WITH PRIDE

— 2023/25 HOME KIT —

MOVEMENT THAT INSPIRES



PARTICIPATION • ACHIEVEMENT • COMMUNITY

Ultra Football Kit 2023



- U6 players get an Ultra Football credit to cover ordering their full kit through Ultra Football (shirt, shorts, socks)
- U7 players receive a new shirt as part of the Phil Gilbert Kia partnership
- UF will be adding Kia logos to existing U7-U11 player shirts 9am-midday Saturday April 29
- New players receive a **full credit** to purchase their kit through Ultra Football (create a UF account to access the BDFC Club Store)
- 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

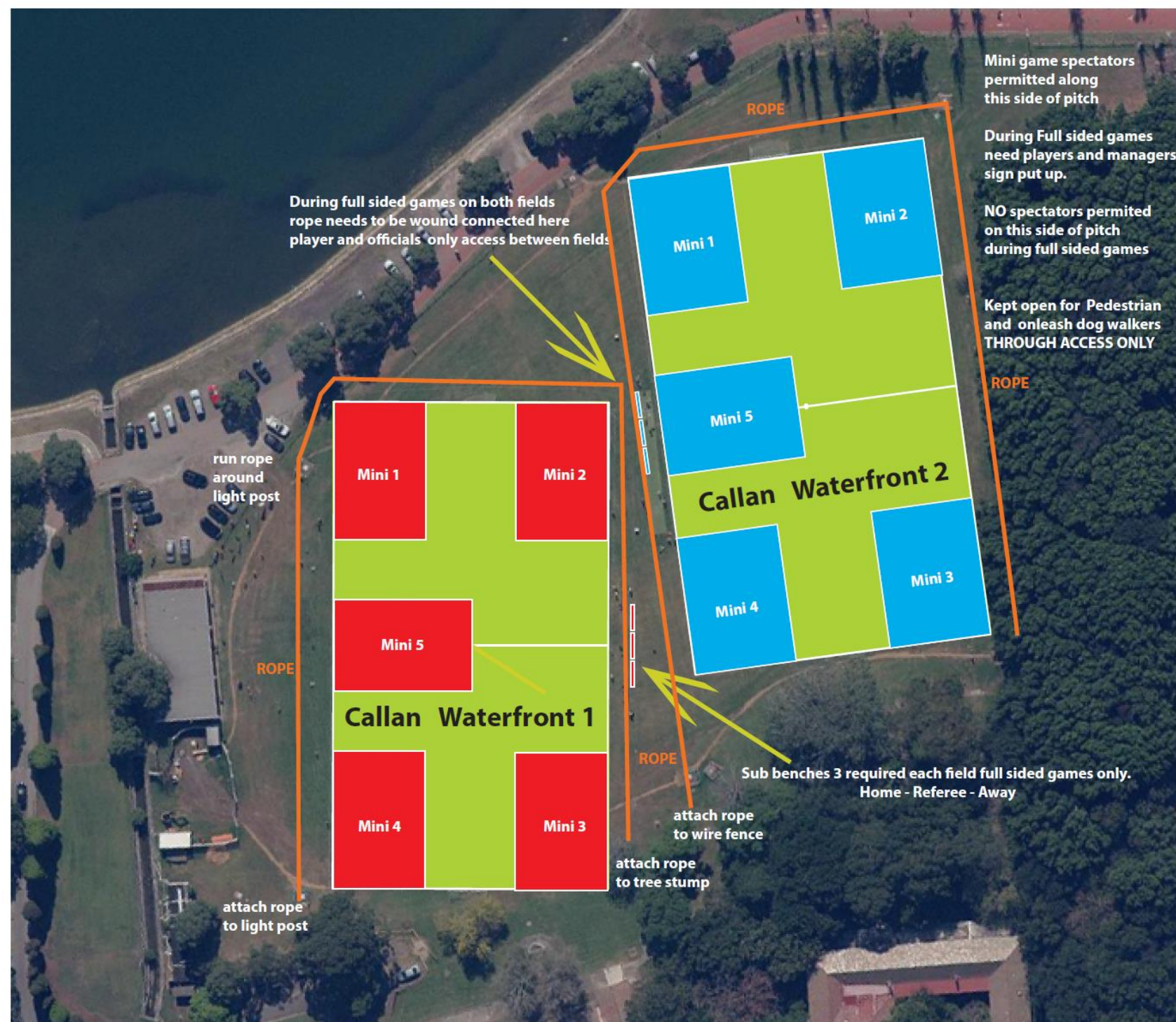
Training

- 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



Field Layouts for U6 Girls Games at Cohen Park



Coaching for U6-U7s:



The education and coaching pathway starts with [community certificates](#):

MiniRoos coaching certificate:

- suitable if you are coaching 4–8yo
- Club organised, free sessions
- Discovery phase, under the Football Australia (FA) [curriculum](#)
- Next course: [Thursday May 18 @ 7pm](#)

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

Attacking skills

- Passing the ball
- Receiving the ball
- Running with the ball
- Shooting

Defending skills

- Capturing the ball
- Practice “stealing” the ball
- Kids do not understand abstract terms such as “pressure”

Coaching for U6-U7s (continued):



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

Here you can find [coaching resources](#) along with [sample activities for U4-U7](#)

Unique content can be found on our [YouTube channel](#):

- [Coaching corner](#) - Tactics, tips
- [Training problems](#) - How to overcome common training issues
- [Injury prevention program](#)
- [Ideas for coaching topics](#) - Games, exercises with video guidance
- [Videos for players](#) - Skill videos, topic specifics and more

- The FC document [The Supportive Parent](#) is recommended reading for everyone.
- Coaching related questions for any age group, please contact radim@balmainfootball.com.au

So, what to do?

- ✓ Teach kids rules of the game and what happens when...
- ✓ Football
 - Change of direction
 - Changes of speed
 - Followed up by scoring or shooting the ball

Parent referee = Game Leader

U6 & U7



Acting as a Game Leader

- The GLs are expected to not only act as referees but to also aid players by **teaching and explaining** the correct way to play the game.
- This allows Coaches and Managers to stay in the technical area and concentrate on organising their team and player substitutions.
- More information about the [Game Leader Program](#) is on our website

Organisation & Rules specifics

- Mini pop-up goals
- Ball size 3
- 4 a side !!!
- 60 min slot with 2x20min
- Half your team on 2 games
- No Game Leader scheduled

Rules:

No offsides

No throw ins

No corners

Push back team to allow for game restart

Number of players on the field – 4 or less

Rolling substitutions

Indirect free kicks

Referees ball

Comment on the game:

- Good pass
- Good defence
- This is a foul therefore ...xyz
- You cannot do this ...

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 are the first point of contact for parents.

Why use an App?

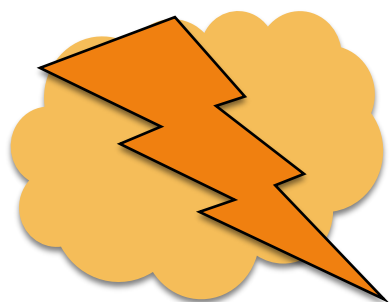
For players & parents

- 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
- Easy 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 ground status.

Beware:

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

Your Age Coordinators

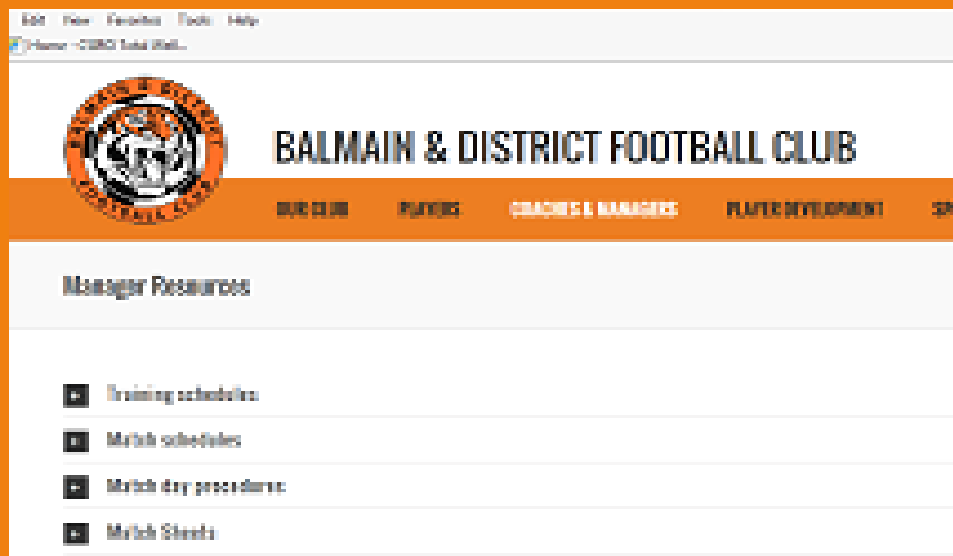


Age Group	Coordinator	E-mail
6 Mixed	Jonny Nail	jonathan.nail@gmail.com
6 Girls	VACANT	registrar@balmainfootball.com.au
7 Mixed	Gillian Graham-Crowe	gillian.BDFC@gmail.com
7 Girls	Lani Curran	Lanibdfc@gmail.com

When you need information or help?



Our website



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

Our website contains:

- All information & links required by players, managers, and coaches
- A coaches only area, with the club's development training plans and additional resources to support coaches

Your Age Coordinator



Executive Committee & sub-committees



Comms

Development

Finance

Grounds

Registration

Sponsorship

Coaches & Managers Night



Save the date...

Coaches, Managers & Volunteers are invited to

Balmain & District Football Club

Coaches & Managers night

UTS Haberfield Rovers

7pm on 17 June 2023



Questions?