



Established 1970

Balmain & District Football Club

Coaches & Managers Information 2024

Under 6 & Under 7

Season begins 27-28 April 2024



Community

Participation

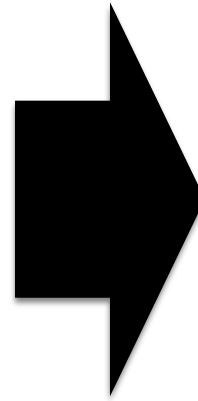
Achievement

This year at Balmain DFC



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

3,000+ Players
Including 1,100+ girls & women
4 - 70 years old



230+ teams
All Abilities
Tiny Tigers
Juniors
Youth
All Age Men & Women
Over 35 Men & Women
Over 45/50 Men

480+ Coaches & Managers

30+ 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





KIA

Phil Gilbert Kia

WEAR IT WITH PRIDE

— 2023/25 HOME KIT —

MOVEMENT THAT INSPIRES



PARTICIPATION • ACHIEVEMENT • COMMUNITY

Ultra Football Kit 2024



- U6 players get an Ultra Football credit to cover ordering their full kit through Ultra Football (shirt, shorts, socks)
- U7 returning players receive \$30 Ultra Football credit to refresh/update player kit (orange jersey, shorts, orange socks, black training jersey)
- U7 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, & 10am

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. Squads need a minimum of 10 players to have at least 1 sub per team and allow for absences
- Both matches for a squad of ten are held at the same time
- The coaches of each squad run the teams. Parents act as Game Leaders.

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, sub anytime without stopping
- 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



Waterfront Drive Sporting Ground Waterfront Drive, Lilyfield



- All spectators are only permitted in the designated supporter zones.
- The field of play will be roped-off around both full sized fields.
- Only players, team officials (coaches and managers) and game leaders are permitted on the field of play and beyond the ropes.
- Please ensure you stay off the full-sized fields so we can limit the traffic on the field reserved for players to train and play on.

Field Layouts for U6 Girls Games at Cohen Park



**Cohen Park, Hutchinson St,
Annandale NSW 2038**



**U6 GIRLS
FIELD MAP**

- All spectators are only permitted in the designated supporter zones.
- The field of play will be roped-off around both fields.
- Only players, team officials (coaches and managers) and game leaders are permitted on the field of play and beyond the ropes.
- Please ensure you stay off the inside of the roped-off area so we can limit the traffic on the field reserved for players to train and play on.

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 courses:

- 13 April (Saturday), 11am-12:30pm @ WFD
- 30 April (Tuesday), 7pm-8:30pm @ WFD

Foundation of Football course:

- The central focus of the course is to empower coaches to establish a safe and enjoyable environment for young players. It offers guidance on conducting engaging training sessions and provides pre-designed training plans for an entire season, alleviating coaches from the task of creating them themselves.
- All football courses are currently undergoing a restructure and reaccreditation under FA.

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:



BDFC document detailing U6 & U7 Goals and objectives of training and development is available at this link: [Development of U6 & U7 Players](#)

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Coaching for U6-U7s (continued):



To provide the optimal 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 and game situations

Go here for [coaching resources](#) and here for [sample activities for U4-U7](#)

Unique content can be found on [BDFC's 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 guides
- [Videos for players](#): Skill videos, topic specifics and more

So what do we do?

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

- The Football Canterbury document [The Supportive Parent](#) is recommended reading for everyone.
- For Coaching related questions for any age group, please feel free to contact Radim at radim@balmainfootball.com.au

Parent referee = Game Leader

U6 & U7



Acting as a Game Leader

- The GLs are expected to not only act as referees but also to help 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
- Halve your team across 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 per team
- Rolling substitutions
- Indirect free kicks
- Referee's ball

Comments during the game:

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

*Online webinar on this topic will be held on
18 April - Parent Game Leader (U6-U12)*

Team Communications



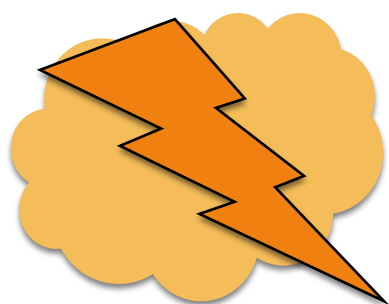
U6-7 teams

- Most communication for U6-U7 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	For managers
<ul style="list-style-type: none">• Keep parents informed about scheduled training and game times• Allow easy exchange of information between parents• Instant alerts for last minute changes	<ul style="list-style-type: none">• Easy to contact families of team members• Send reminders for all events• Easy access to player contact details• Send changes/updates easily to all

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 and via your Age Coordinators 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.

Be aware:

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

Your Age Coordinators



<u>Age Group</u>	<u>Coordinator</u>	<u>E-mail</u>
6 Mixed	Lisa van Trump (Pre-season only)	lisavantrump.bdfc@gmail.com
6 Girls	Donna Youngman	Donna.BDFC@gmail.com
7 Mixed	Jonny Nail	jonathan.nail@gmail.com
7 Girls	Marie Rodrigue	mtrodrigue@gmail.com

Programs run by our club



BDFC offers a range of events for our juniors and youth

- [Holiday Camps](#) (School Holidays)
- Off-season [MiniRoos](#) programs (U5-U8)
- [Football Kickstarter](#) (U7-U9 Girls only)
- Summer Football competition (U7-U13)

From U8 onwards we also offer

- Pre-season training/skills program
- Off-season programs
- [Junior Grading](#) (U8 to U16)
- [Development Program](#) (for Graded teams in the Winter season)
- [Player Pathways Program](#) (Individual skills development)

More information on our programs can be accessed under the "Player Development/Training" heading on our [website](#).

HOME

OUR CLUB

PLAYERS

PLAYER DEVELOPMENT/TRAINING

COACHES & MANAGERS

JOIN US!

CLUB NEWS

SPONSORS



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 coach's 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

Venue TBA

7pm on TBA



Questions?