

MINIROOS & JUNIOR COACHING TIPS TO HELP AT TRAINING



WELCOME (5mins) PLAY Arrival Activity (10 mins)	<ol style="list-style-type: none"> Welcome the players. An arrival activity such as a small-sided game is a great idea! Beginning games stimulate your players' mind and body, and serve as a warm-up. Try competitive races or games with the ball to get as many touches of the ball as possible <p style="text-align: center;">The coach is: Encouraging Players are: Warming Up and playing</p>
PRACTICE 2-3 Activities focused on core skill of the session (20-25 mins)	<ol style="list-style-type: none"> Middle games is where we conduct fun football exercises. Try to include opposition to challenge your players in a realistic football scenario. You can try games to encourage dribbling, passing and receiving, finishing, and 1v1 attacking and defending. <p style="text-align: center;">The coach is: Guiding Players are: Learning and playing</p>
PLAY Small-Sided Game Play (15-20 mins) WRAP UP (5mins)	<ol style="list-style-type: none"> Let the play! Set up a normal small-sided game, and maybe look to play another team next to you! As a coach, step back and observe whether your players are enjoying themselves, maybe even try some of the skills you introduced. LET THEM PLAY, ENJOYING THEMSELVES! <p style="text-align: center;">The coach is: Observing and encouraging Players are: Playing and having fun</p>

SO CHANGE IT is an invaluable tool to assist coaches add variety or different challenges to their sessions. It can be used if a training activity is not working, or just to change up an activity.

S	SAFE (Physically & Emotionally) Playing surface, lighting, temperature, behaviours
O	ORGANISED Are you prepared? Session plan? Setup prior? Equipment
C	COACHING STYLE Coach on the run, feedback in breaks, ask questions to players
H	HOW YOU SCORE / WIN Use a demo to explain, and increase chances to score
A	AREA Increase or decrease size and/or shape of playing area
N	NUMBERS Increase or decrease - e.g. 3v2 to overload and create advantages
G	GAME RULES Constraints on the game - what happens when...
E	Equipment Number of goals, gates, size of goals
I	INCLUSION Everyone involved, encourage players in modifying sessions
T	TIME Reduce or extend time to increase motivation and enjoyment

PLAYER Develop independent decision-making, and understand importance of sportsmanship	COACH Create a player-centered environment that is inclusive, respectful, and positive	TRAINING Lots of ball contacts, less talk and more action, provide positive feedback	GAME Facilitating a positive gameday experience for players and parents. Ensure players treated equitably and fairly
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MINIROOS & JUNIOR COACHING TIPS TO HELP ON GAME DAY

PRE-GAME

1. Try an activity or exercise you have played or practiced at training with everyone involved - e.g. bullrush, bib tag, or even passing gates game
2. Encourage players to try things you have practiced at training - e.g. dribbling, passing & receiving, finishing, 1v1

HALF TIME

1. Let them have a quick drink and rest
2. Highlight positive player actions and efforts such as:
 - "Jesse, I loved the way you dribbled forward"
 - "Olivia you're trying really hard today"
 - "Let's see how we can look to play as a team"

DURING GAME

1. Encourage all the players to be involved, and to try their new skills - little to no coaching from the sidelines, allowing players to make their own decisions
2. Try to let them play! Be positive with feedback!

AFTER GAME

1. Three cheers for the game leader!
2. Three cheers for the opposition!
3. Shake hands and reinforce the great effort players made, also noting players trying new positions
4. Remind players when training is next happening

1 CONTROL THE BALL (First Touch)
 Players look to take their first touch away from the defender
 Don't just kick it - pass it to a friend!

2 PLAYER ROTATION
 Players to play different positions across the season

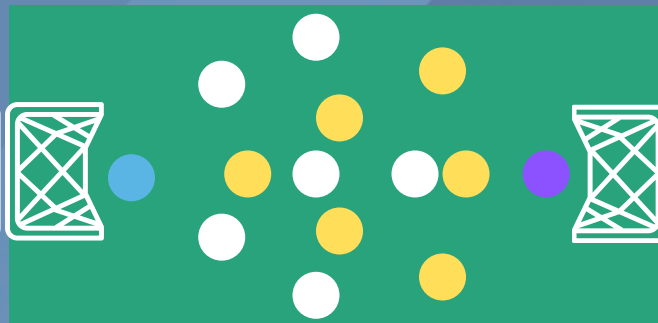
3 EQUAL GAME TIME
 Equal game time for all players should be the goal

4 FOOTBALL C.P.R.
 Encourage the players to **CONTROL - PASS - RUN**

5 SHAPE
 Remind the players to keep in position to maintain width and depth



U6 & U7: 4v4 (Diamond or Box)



U8 & U9: 7v7 (1-2-3-1 or 1-3-2-1)



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