



Established 1970

Balmain & District Football Club

Coaches & Managers Information 2026

Under 6 & Under 7

Season begins 18-19 April



Community

Participation

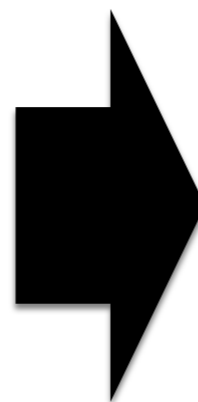
Achievement

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 - 76 years old



217 teams
All Abilities
Tiny Tigers (U4-U5)
Juniors (U6-U12)
Youth (U13-U19)
U21, All Age Men & Women (18+)
Over 35 Men & Women
Over 45/55 Men

480+ Coaches & Managers

32+ Age Coordinators

11 Executive Committee members
managing across 5 sub-committees

Development

Female
Football

Finance

Registration

Competitions

Looking Professional



KIA
Phil Gilbert Kia

WEAR IT WITH PRIDE

— 2026/28 HOME KIT —

MOVEMENT THAT INSPIRES

Community Through Football



Premium Partners



Phil Gilbert



Season Partners



Ultra Football Kit 2026



- ✓ U6 players get an Ultra Football credit to cover ordering their full kit online through the Ultra Football website (shirt, shorts, socks)
- ✓ U7 returning players receive \$30 Ultra Football credit to use physically in-store at Ultra Football on any items they wish
- ✓ U7 new players receive a **full credit** to purchase their kit online through Ultra Football website (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** - Saturdays 8:15am & 9:20am
- **Mixed U7** - Saturdays 10.30am & 11:30am
- **Girls U6** - Sundays 9am
- **Girls U7** - Sundays 9am & 10am

❖ No games on June Long Weekend and middle weekend of July School Holidays

Teams

- Squads of 10-12 are formed for training & match-days
- On match-days each squad is 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
- Matches for both teams in a squad 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

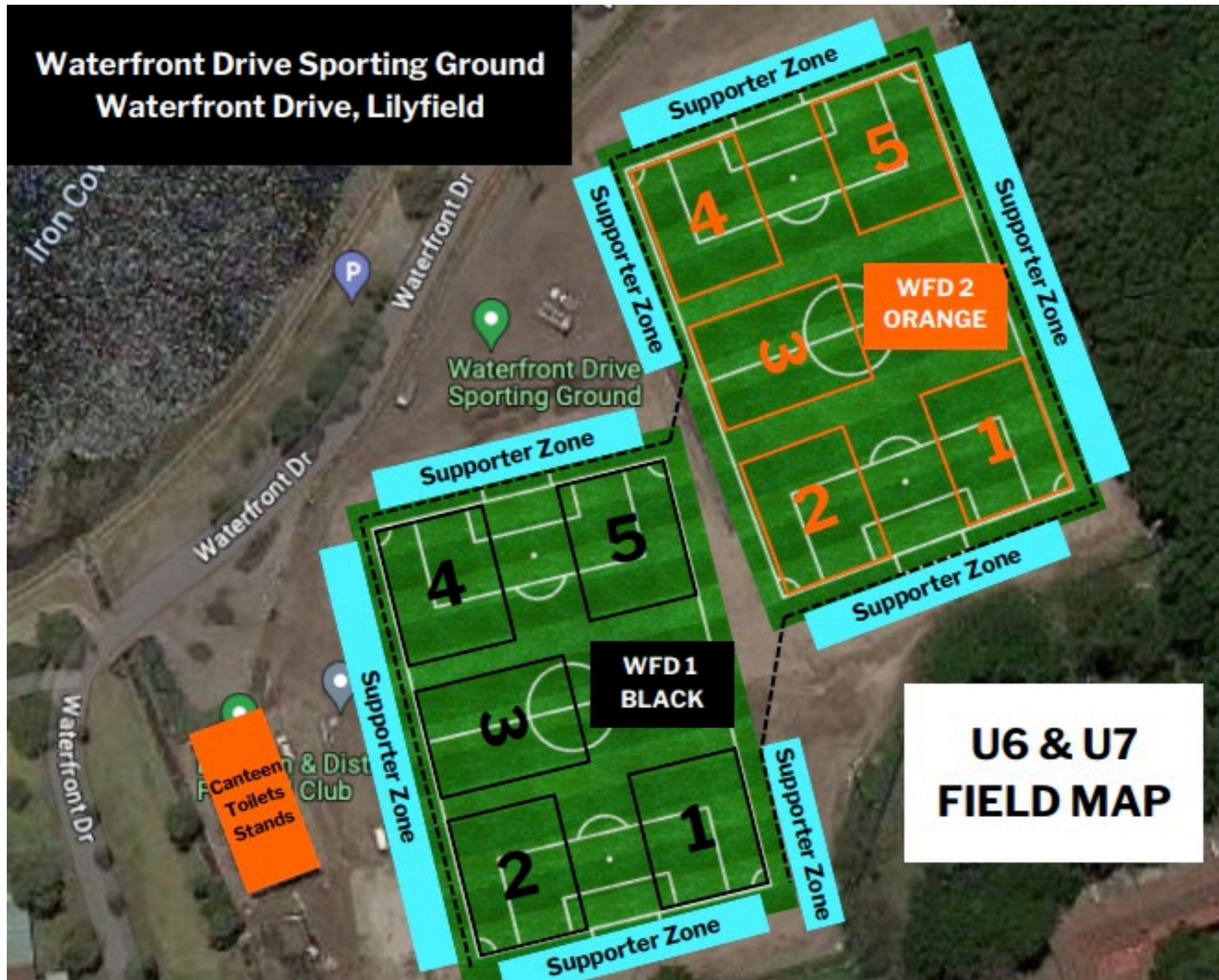
- Four-a-side games, sub anytime without stopping the game
- 2 x 20-minute halves with a 5-minute half-time break
- No goalkeepers
- Mini pitch (30m x 20m)
- Size 3 Ball
- Non-competitive format

Field Layouts for U6 & U7 Games

Waterfront Oval



Waterfront Drive Sporting Ground Waterfront Drive, Lilyfield



NOTES

- 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.



Team training can happen:

0 times a week

OR

1 time a week

Zero training + Weekend = match day experience only

- players don't learn as much and have less opportunity to enhance basic skills

1x Mid-week training session + Weekend = training + match day experience

- ✓ players learn a skill, repeat a skill, then put it into practice on match day

To train or not to train...



If your team doesn't train, but you have keen individuals, we have the **Player Pathways**

Program: one session per week, run by BDFC coaching staff.

<https://www.balmainfootball.com.au/player-pathways-program/>

Team Coaches will have access to session plans via Spond.

- We recommend to follow them as we know they work!
- In HUBs there will be club staff to assist the parent volunteer coaches with the sessions

For teams in HUBs

- Sessions start week commencing April 21
- Teams can use the location this week as well !



To provide the optimal environment for learning and enjoyment, 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, less drills more games

What do we do?

- ✓ Teach kids the rules of the game and what happens when...
- ✓ Teach how to score
- ✓ Facilitate a game
- ✓ Do the fun bits: SHOOT AT A GOAL, SCORE A GOAL, PLAY A GAME
- ✓ Hide learning in organised team activities = sessions exercises

Equally important to the **WHAT** we do during training sessions (*exercises, games, drills...*) is **HOW** we explain the information (*communication with players, suitability of coaching styles*)



The HOW?

- Instead of **“Move!”** → Try → ✓ *“Where can you go/be?”*
- Instead of **“Tackle!”** → Try → ✓ *“Can you win the ball back?”*
- Instead of **“Pass!”** or **“Boot it!”** or **“Clear it!”** → Try → ✓ *“Who is free?”*

Alongside giving **better instructions**, using **positive reinforcement** will help keep players motivated:

- ✓ *“Great decision!”*
- ✓ *“Brilliant effort, now what’s next?”*
- ✓ *“That was clever, keep it up!”*
- ✓ *“Loved that pass, well spotted!”*

The IDEA

Catch them doing something well !!!



The goals and objectives of training and development are available here:

[Development of U6 & U7 Players](#)

- ✓ *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

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Defending skills

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

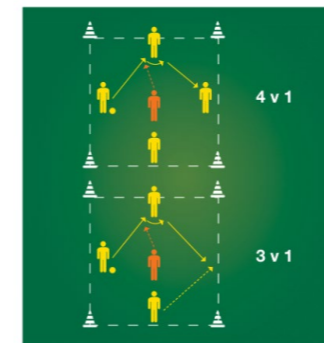
Useful & relevant resources

[Football Canterbury Coaching Resources library](#)

Session examples

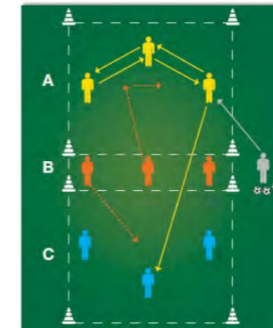
- ✓ [Skill Acquisition Phase Coaching manual](#)
- ✓ [Skill Acquisition Phase L1 & L2 manual](#)
- ✓ [Discovery \(Foundation\) phase Coaching Manual](#)
- ✓ [MiniRoos Session Guide](#)

First touch Model Session 1



2. Skill training component:

Positioning Games with **two touches** as a **mandatory** requirement (i.e. first touch = control the ball, second touch = pass the ball).
 Disallowing a direct pass forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!
 Which positioning game to use depends on the level of the players and ranges from 4 v 1 (easiest), 3 v 1, 5 v 2 and 4 v 2 (most difficult).



Instructions:
 3 v 1 killer pass positioning game with 9 players.
Organisation:
 Two grids of about 12m x 12m (A & C) separated by a grid of 12m x 5m (B).
 Three teams of 3 players with different colour bibs, one team in each grid as shown.
 The coach is positioned with the balls centrally, next to grid B.
 The coach starts the game with a pass to a yellow player in grid A.
 At that moment one orange player from grid B sprints into grid A to defend/win the ball!
 3 v 1 in grid A.
 Yellow must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C. Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B.
 If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.
Step up or down:

- Make the grids bigger/smaller
- Free or limited touches (2-3) in 3 v 1
- Killer pass: only on the ground or lofted pass allowed as well
- Make easier: 6 players (2 per grid: 2 v 1) or harder: 12 players (4 per grid: 4 v 2).

D1: Beginning: PART 2- Dribblers & Collectors (10 min).



CORE SKILLS: RWB & 1V1

KEY ASPECTS: SCAN (look around) , use your feints with change of speed and direction.

INSTRUCTIONS:

Ingredients: Ball per player, cones bibs and any kind of goals.

Set up:

Same field, ball per player, we will use the goals now.

DESCRIPTION

The objective of this game is to be the last one standing with a ball. Everyone starts as "dribblers" dribbling inside of the field away from the coach who is starting as "collector".

If the coach takes the ball from you, you can try to take it back but if the coach scores a goal with your ball then you will join the team of "collectors". Game ends when there are only one, two, or three "dribblers" alive (depending on coach judgement).

Play at least two rounds.

PROGRESSION

The game progresses by his nature as defender numbers increase. When the coach starts as a collector tries to get one or two players quick. As soon as there are enough collectors around to keep everyone moving, coaches should step out of the game.

Coaching Point:

- On the run:
- Head up
- Find the space
- Speed up
- Use your skills
- Protect the ball
- Praise the skills
- Collectors: Work as a team to steal and score

At the end of the round:

Ask the winners about their strategy to win (guide them to say the found empty space, they change direction and speed, they use the skills, etc).

Coaching courses in Football Canterbury

March - April



Lack of experience in coaching is no problem

The official Football Australia coaching pathway starts with [community certificates](#)

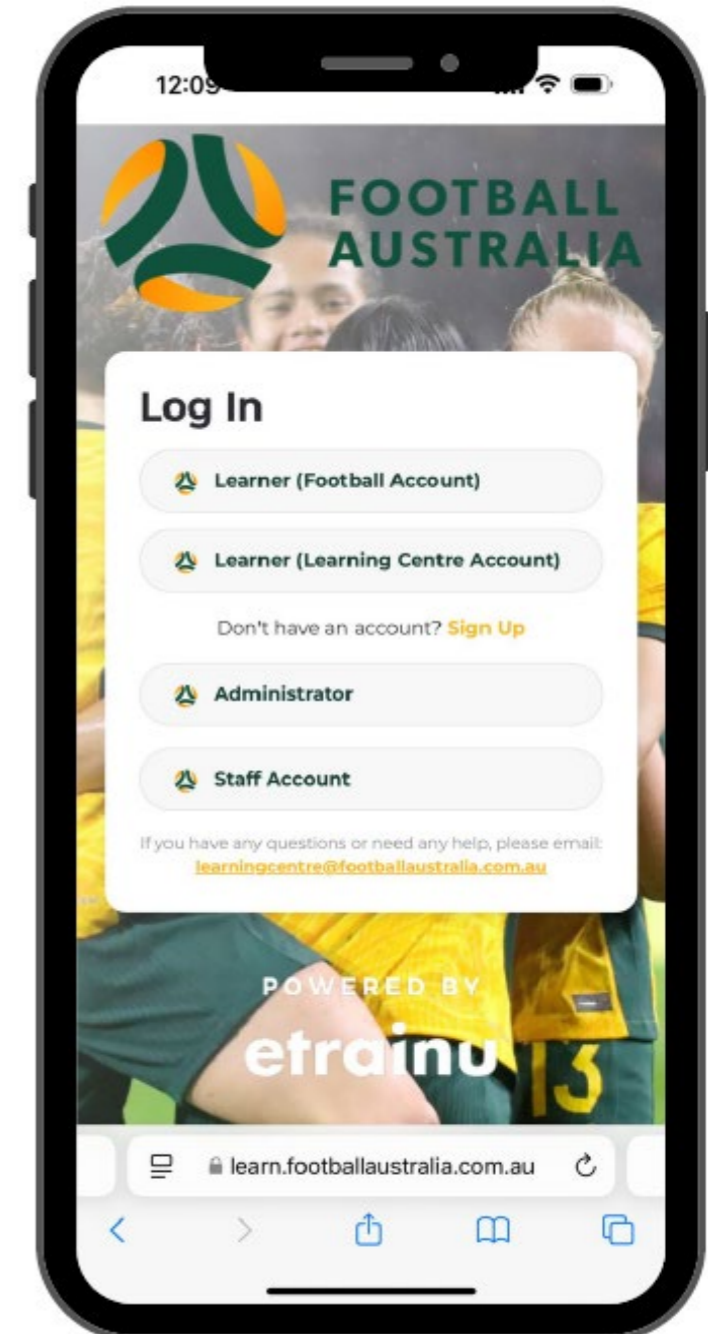
MiniRoos Coaching Certificate

- Suitable if you are coaching 4–8yo
- Free sessions → 2 hours
- Discovery Phase, under the Football Australia (FA) [curriculum](#)

Next Courses

- 22nd of April @ Croydon Park from 6:00pm
- TBC June @ Punchbowl from 6:00pm

Email radim@balmainfootball.com.au about details and assistance with registrations via the FA portal



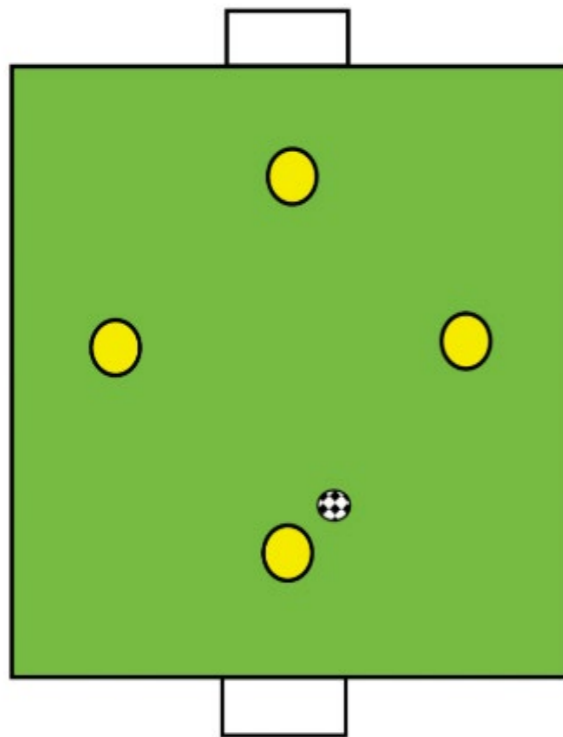
Matchday Coaching

Pre-Game



UNDER 6 & 7: FORMAT

POSITIONING & SHAPE



1 team (12 kids) splits into 2 teams as per set schedule.

11:20am	WFD BLACK 1	SONICS A		vs		VIOCTORY A	PANTHERS Meet at canteen at 11:00am On duty until 12:00pm
11:20am	WFD BLACK 2	SONICS B		vs		VICTORY B	
11:20am	WFD BLACK 4	KICKERS A		vs		THUNDER A	
11:20am	WFD BLACK 5	KICKERS B		vs		THUNDER B	
11:20am	WFD ORANGE 1	DINOSAURS A		vs		PANTHERS A	
11:20am	WFD ORANGE 2	DINOSAURS B		vs		PANTHERS B	
11:20am	WFD ORANGE 4	LIONS A		vs		ROCKETS A	
11:20am	WFD ORANGE 5	LIONS B		vs		ROCKETS B	

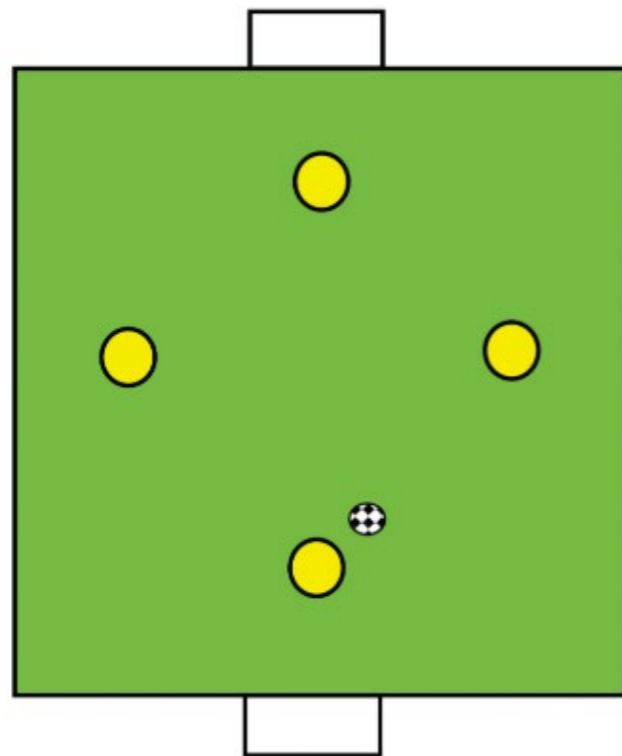
Matchday Coaching

Pre-Game



UNDER 6 & 7: FORMAT

POSITIONING & SHAPE



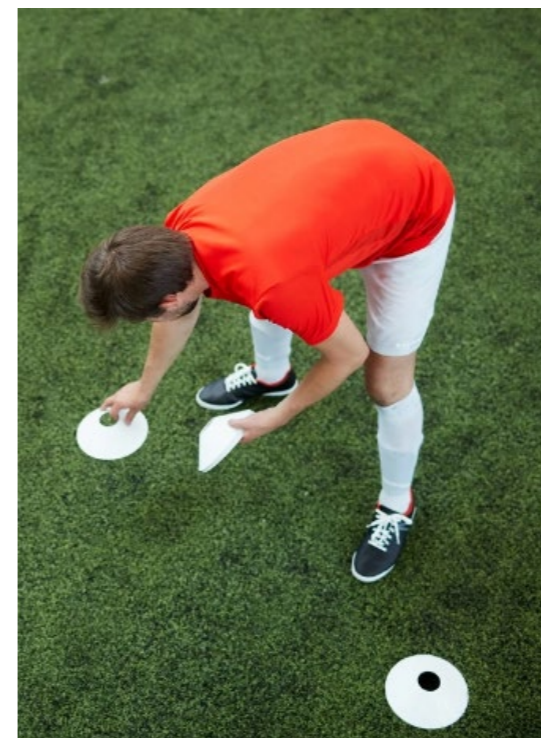
Always maximum 4v4 !!

Why? Repetition, engagement!

Reminder of rules – what happens if...

Cater for all learners

- Visual
- Listening
- Interactive



The Rules

U6/U7



Explain, replay,
educate
= allow to play

- There are no goalkeepers
- BALL CROSSING THE TOUCH LINE There is no throw in, but a kick in. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a teammate before a goal can be scored.
- BALL CROSSING THE GOAL LINE There is no throw in, but a kick in from area around the goal line. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.
- OFFSIDE There is no offside rule
- FOULS AND MISCONDUCT Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken.
= Stop the game, say what was wrong, push opposition away, give a ball to the correct team and "play"

Parent Referee is called a Game Leader (GL)

U6 & U7



Acting as a Game Leader

- The GLs are expected to act as referees **and** help players by **teaching and explaining** the correct way to play the game.
- Often a coach is the Game Leader, which is not ideal...
 - ✓ Ask a **parent** to be the GL, so the Coach can coach!

Organisation & Rules specifics

- Mini goals
- Ball size 3
- 4-a-side!!!
- 60 min slot with 2x20min
- Halve your team across 2 games
- No Game Leader appointed

Comments during the game:

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

Rules:

- **NO** offsides
- **NO** throw-ins,
- **NO** corners
- Push back opposing team to allow for game restarts
- Number of players on the field – 4 or less per team
- Rolling substitutions
- Indirect free kicks
- Referee's ball (Drop ball)
- Re-do's (for learning)

Matchday Coaching

Sideline behaviour



Overcoaching =
"puppeteering"



Often a result of not
holding a training session



Programs run by our club



BDFC offers a range of re-occurring programs for our members

What	When	For Who
Holiday Camps	Every School Holidays	5 - 13
Pre-season training/skills program	February - March	U8 - U16
Striker training / Goalkeeper training	February - March	U8 - U16
Development Program (for Graded teams in the Winter season)	March - August	U8 - U16
Player Pathways Program (Individual skills development in the Winter season)	March - August	U6 - U13
Junior Grading	November - December	U8 - U16
Off-season programs	October - December	U6 - U19
Summer Football competition	October - December	U7 - U13
Kickstarter program	October - December	U8 - U12

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



Team Communications



U6-U7 teams

- Most communication for U6/U7 teams will come directly from their coach and/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.

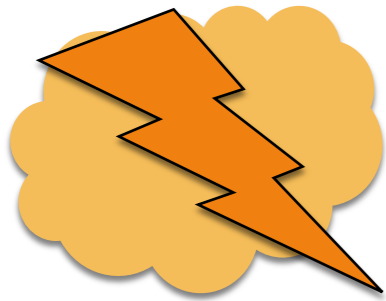
Why use an App?

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

- 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 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](#) 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

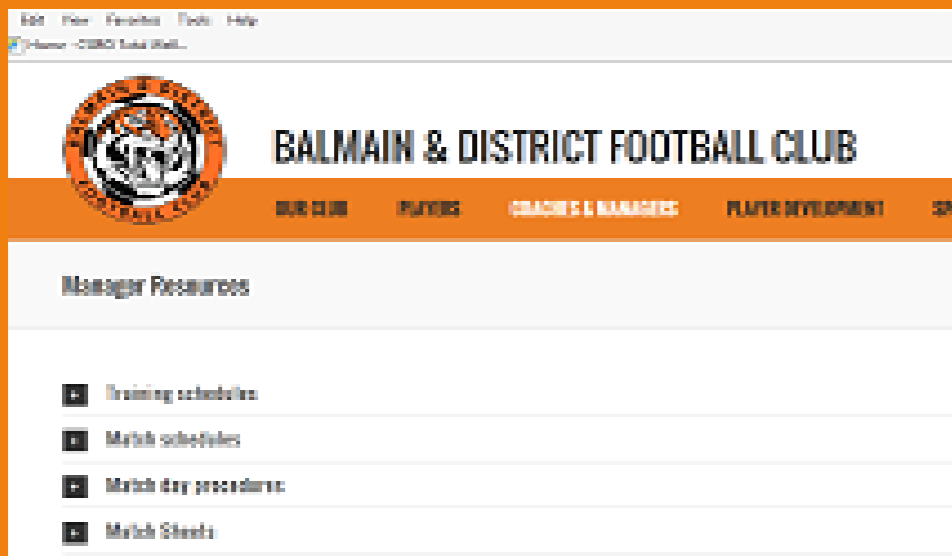


Age Group	Coordinators	E-mail
U6 Mixed	Therese Griffith (interim)	therese.griffith@balmainfootball.com.au
U6 Girls	Therese Griffith (interim)	therese.griffith@balmainfootball.com.au
U7 Mixed	Lyssa Tredgett & Alice Lindeman	lyssatrompf@gmail.com alicelindeman@gmail.com
U7 Girls	Laura Aranja & Melanie-Anne Harris	laura.aranja@gmail.com melanieannharris@hotmail.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 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



Questions?