

Useful links

Some useful websites for information:

- > Wollongong Council Ground status:
<http://www.wollongong.nsw.gov.au/facilities/sportrec/Pages/sportsgrounds.aspx>

Coaching resources

- > Bally Juniors website:
<http://www.balgowniejuniors.com.au/coaching-resources/>
- > MiniRoos website:
<http://www.miniroos.com.au/>
- > Play By The Rules - Making sport inclusive, safe and fair:
<http://www.playbytherules.net.au/>
- > iPad/iPhone apps to help coach and manage teams:
<http://appadvice.com/appguides/show/soccer-coach>
Enables you to track season stats & individual game time
- > Blogs/Youtube: There are many blogs and videos available online such as this post, which focuses on juggling a ball:
<http://the-soccer-essentials.com/2012/03/how-to-juggle-a-football-tutorial/>
- > Drills demonstrated on video:
http://www.teachpe.com/soccer_football/soccer_drills.php
- > A guide to formations:
<http://www.soccer-training-guide.com/soccer-formations.html#.US0HF44ymS0>
- > Coever Basic Ball Mastery Drills:
<http://www.youtube.com/watch?v=RwsUBXrq9UQ>
- > David Curley's Goalkeeping Blog <http://ballyjuniorsgoalkeeping.wordpress.com/>

Other sites

- Sydney FC Junior Blues. Free membership and entry to Sydney FC A-League games for FFA registered kids.
<http://my.sydneyfc.com/juniorblues/>
- Balgownie Rangers Football Club: Balgownie Seniors
<http://www.balgownierangers.com.au>

Contact Information

Club House location: Para Street, Balgownie

Club Email: info@balgowniejuniors.com.au

Website: www.balgowniejuniors.com.au

Facebook: www.facebook.com/BallyJuniors



Bally Juniors U6/U7 Guide Book



Train together
Play together
Achieve together

Pre-game procedure

Teamsheets:

- > Please fill in the teamsheets before your game and sign them. Try (where possible) and get the Manager to do this so that the coach can focus on getting the team ready
- > Covers you and the club for insurance purposes
- > Child's Name and FFA Number (No Shirt numbers required)
- > Coach/Manager Name and FFA Number
- > If no FFA Number, write the word 'ACTING'
- > Fines are applicable for not filling in teamsheets

Game times:

- > U6's will probably start around 8:30am (tbc - depending on number of teams)
- > U7's will probably start around 9:15am (tbc - depending on number of teams)

Field location:

- > Will be available on the BJFC website once teams are sorted
- > Will be drawn up on the large whiteboard at the clubhouse each week
- > Take note of which field you are playing on
- > Early games set up, last game of the day to pack up

Location of gear:

- > Teams should set up their own field
- > 2 sets of goals and cones are located in the clubhouse

Setting up goals:

- > Ensure that the locking pins are in, and pegged to ground – for safety reasons
- > Don't use pegs in place of the pins as they stick out and may cause injury
- > Encourage kids to not lean, swing on or handle the goals

Setting up field/cones:

- > Fields should be marked
- > Put a cone on each corner, on halfway and if available at each quarter as well

Wearing of officials bibs:

- > Each kit will have a Marshall bib
- > One parent should wear this (not the coach)

During the game

- > Ensure the kids all have Shirts, Shorts, Socks, Shin Pads and Boots
- > Each child should also have their own water bottle
- > Home team to supply match ball
- > Away team to wear the bibs
- > **Game Rules (Game Leader acts as the referee and is usually the coach)**
 - Games run for 15min per half with a 5min break
 - 4 players on field, no goalkeepers
 - 2 up front, 2 at the back
 - Use one Game Leader only (FSC regulation), swap at half-time
 - No corners, always a goal kick
 - No throw-ins, always a kick in. Place ball on line where it went out.
 - Try and encourage the defending team to move back 10m or so when a goal kick is taken to give the other team a chance to play the ball out
 - Try and allow the game to flow and not stop the game for every foul or error – just talk to the kids on the run and encourage them. Serious fouls need to be pulled up, but explain to everyone what the free-kick is for.
- > **Substitutions**
 - Depending on the number of kids in the team, every 5min for 1 sub, every 3min for 2 subs is a good guide.
 - Substitutions can be made at any time, but try and make the changes quickly so as to not hold the game up too much.
- > Remember that it's all about fun for the kids, so be encouraging
- > **There is flexibility to adjust games/rules to suit (within reason)**
 - e.g. extra player for uneven scorelines/games/ability or even up teams if one is short of players
 - If some kids never seem to score a goal all season, consider having a penalty shootout (no keepers) every so often or at the end of the year.

Post-game

- > Shake hands
- > '3 Cheers'
- > Award a 'player of the match' (try and rotate this each week evenly)
- > Playing shirts in the bag and one parent take home to wash (do not use a dryer)
- > Do not allow players to keep individual shirts or to take home balls. Keep them all together in the kit bag.
- > Last game - U7's – Pack up and return goals & cones to clubhouse