

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

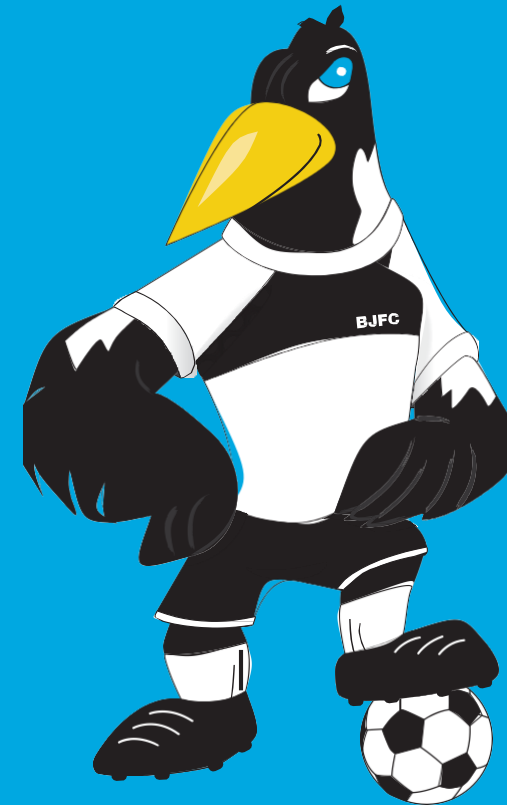
Club Email: info@balgowniejuniors.com.au

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:

- > Team Manager to fill in the teamsheets before your game, crossing out names of players not playing on the day
- > 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 9:25am (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
- > Coloured bibs provided in team bag
- > **Game Rules (Game Leader acts as the referee and is usually the coach)**
 - Games run for 20min 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**
 - 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 and '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.
- > Write the match score on the team sheet and sign it (this is for internal purposes only so that we can match teams to play against similarly skilled teams)
- > Last game - U7's – Pack up and return goals & cones to clubhouse