



Majura FC MiniRoos (U6-U9) Coaching Manual

About MiniRoos

MiniRoos at Majura FC is a program for players of all abilities aged 6-9 years. Players in this age bracket are in the 'Discovery Phase' of their football development. The aim in this phase is to introduce football skills through fun/enjoyable activities and games and to develop the players' physical literacy, all in a safe and inclusive environment.

The modified rules of play, smaller fields and fewer players per team means a more enjoyable experience for the players where they get plenty of touches on the ball and more opportunities to score and defend goals. As players progress through the age groups, they will be introduced to playing environments that most suit their stage of development, preparing them for the transition into 11v11 football.

The Role of a MiniRoos coach in the Discovery Phase

The job of a MiniRoos coach is to be the leader of fun, safe and engaging practices/matches. Our aim at Majura FC is to provide a fun environment where players are learning and developing new skills and growing a love for football, which means at MiniRoos level the focus is solely on the players enjoying and expressing themselves, there are no scores kept or competition ladders.

As a MiniRoos coach it is important to constantly provide opportunities for players to experience success, always encourage players to express themselves by improvising and being creative and most importantly help the players develop a passion and love for football.

What are some characteristics of children at this age bracket?

- They are still 'clumsy' because they are still developing their coordination
- They have a short attention span and are quickly and easily distracted
- They are 'self-centred' and not yet able to really work together (So we can't ask them to perform team play and must focus on their individual play)
- They play or participate for fun and with short bursts of energy and enthusiasm
- They are unable to handle a lot of information (instructions: feedback)

So, what does this mean for training sessions in the Discovery Phase?

It is crucial to always aim to provide a fun and free approach to playing football. As coaches we need to strive to offer activities to players that suit their stage of development, age, abilities and interest. It is also important to always adapt and modify activities by embracing the rich diversity of our players and adopt inclusive practices.

When planning games and practices, it is important to understand each participant's physical, psychological, social and cognitive capabilities. Depending on their level, adjustments or modifications may need to be made to ensure all players are engaged and included.

You can find examples of MiniRoos training sessions and how to structure these in our coaching resources below.

When you are planning training practices and games things to think about include:

- Ensure your players arrive at training on time and ready for football with shin-pads on, football boots and water bottles.
- Is the environment safe and suitable for the session objective?
- How easily can I implement the session plan?
- Do I have all the equipment ready including balls pumped, cones, bibs etc.?



- Is it likely that the session will commence quickly (within 2 minutes) (Practices set up, easy to explain)?
- What instructions and demonstrations do I need to clearly communicate the rules and objective?
- Will the practice “look” like football and does it follow the G.O.O.D principle? That means does the practice have Goals, Opposition, Opportunities for success and is it Directional?
- Do I have a couple of modifications to make the activity easier or harder to allow the players to experience success but also be challenged?

Tips for Coaches

Prior to the commencement of the season, ensure you:

1. Send an introductory email or letter to your team.
2. Find a parent from the team to be a team manager to manage the teams’s communications and administration.
3. Collect your team’s equipment from the Clubhouse at Dickson Playing Fields on the allocated day.
4. Communicate the expectations that all players show up with correct equipment for the conditions. - i.e proper uniform on game day, football boots, shin pads, water bottles, etc.
5. Provide parents with written information of what is required of them. You can refer to the Majura FC Code of Conduct for Parents, Carers and Spectators. [Documents - Majura FC](#)
6. Create an expectation that the coach, manager and players arrive at least 30 to 45 minutes prior to the game to prepare the field (if required), get prepared/kitted-up, discuss positions and warm-up.
7. The players are the responsibility of the coach and team manager at trainings and games and must always be supervised. Do NOT leave any players alone after a training session or game until a parent or guardian arrives to pick up the child.
8. Majura FC advises that coaches wherever possible have their team manager or another parent present at all club activities.
9. Coaches MUST be on time for any training session or game. If you cannot attend make arrangements ahead of time for the team manager or another parent to be there.

Game Day Checklist

Below is a simple checklist of things to think about prior to match day. This list is not exhaustive and should be used and adapted by each coach to suit his/her needs:

- ✓ Ensure you have your team shirts
- ✓ Ensure players are dressed in the correct uniform and are wearing the right equipment (Boots, shin-pads, socks)
- ✓ Ensure players have enough drink (particularly early and late in the season when the weather can be hot)
- ✓ Ensure players are not wearing jewellery of any kind
- ✓ Do you have your player positions planned?
- ✓ Have you planned your interchange rotation?
- ✓ Have you planned your warm up exercises?
- ✓ Check if players have sustained any injuries or contracted any illness prior to playing

Player Game Time

Please remember this is junior amateur football. As a team coach or manager, you should always ensure each player gets a fair share of playing time across all positions no matter the age group, division, or ability of the player.



Coaching Resources

[PlayFootball MiniRoos Session Guide](#)

[MiniRoos Session Examples](#)

[MiniRoos Playing Formats and Rules](#)

[Developing Physical Literacy](#)

[SportSession Planner Resource](#)
