

Majura FC Pee-Wee Program 2022







About

The Majura FC Pee-Wee program is a fun and safe introductory program designed for players aged 4-6 years (7 year-old beginners are also welcome).

The program aims to build skills through games and simple practices all delivered in an engaging and inclusive environment. Each group will have a maximum of 8-10 players and a dedicated Superhero (Coach) as to ensure each player gets plenty of time on the ball. The smaller numbers and field size means the players can experience repetition, success and plenty of opportunities to score goals.

The session plans align with [Sport Australia's Physical Literacy Framework](#) and are based on a holistic approach to learning. Therefore, the sessions aim to not only improve children's movement and ball manipulation, but also develop the players' other physical literacy domains:

THE FOUR DOMAINS			
 PHYSICAL	 PSYCHOLOGICAL	 SOCIAL	 COGNITIVE
Physical skills and fitness	The attitudes and emotions that motivate you to be active	The social skills to be active with others	The knowledge and understanding of how, why and when you move

Session Structure:

We understand and love our Pee-Wee's huge energy levels and excitement when they arrive to our sessions. Taking this into account, we start with a [Small-Sided free game](#) where players can freely express themselves and have some fun. This game aims to replicate the fun and unrestricted street-football that is so important in children's development.

We then move to a [Fun-Football game](#) where players get plenty of individual time on the ball. These simple practices aim for children to experience a high amount of success and repetition at high speed. The focus in this game is on the fundamental core skills such as receiving the ball, passing, shooting or running with the ball. These games also enable children to develop competence in the fundamental movements that form base of their technical development.

In some sessions, a [Physical Literacy game](#) will be included with the aim being to develop fundamental movement skills and potentiate children's competence and confidence.

For the final part of the session, we will then return to the [Small-Sided game](#) and may introduce incentives to encourage certain actions but not restrict the players freedom of expression.



What are the benefits for children taking part in our Pee-Wee program?

- Making new friends
- Developing the values of team-work, cooperation, fair-play and respect for others
- Learning new skills and growing a passion for football
- Developing confidence and motivation
- Allowing children to freely express themselves and have fun
- Keeping healthy by being active

The Pee-Wee program is based on Football Australia's MiniRoos Kick Off program and is overseen by our Technical Director, Philippe Bernabo-Madrid. The sessions are run by current Majura FC players and coaches.
