



ALDI MiniRoo's

TECHNICAL DEPARTMENT | SCOTT GRIMSHAW





What is Aldi MiniRoos?

Aldi MiniRoos Club Football is modified football for players aged 5 – 11 years old, played on small sided fields to provide a fun and engaged introduction to football

MiniRoos football is designed to be more inclusive, fun and engaging for children to learn new skills whilst playing in a team based environment





Who organises MiniRoos football?

Aldi MiniRoos club football is organised by grassroots clubs whereby teams play against other teams of the same age group

Games are NON-COMPETITIVE, which means results and competitions ladders are not recorded or published



Research states that children have a greater positive experience in sport when learning new skills

MiniRoos aims to promote this, reducing pressure on players from parents and coaches, which has been found to be the NUMBER 1 reason for sport drop-out in children/youth



Game Leaders in MiniRoos

Run-sheet:

Module 1

Who & What are Game Leaders?
Understanding your Role & Responsibilities
Creating a positive learning environment

Module 2

What is a FOUL in MiniRoos?
Playing Rules & Formats in MiniRoos

Module 3

Working with children, coaches & parents
Managing situations
Recap – Understanding your role as a Game Leader



Who and what are Game Leaders?

Game Leaders are GAME FACILITATORS, ensuring MiniRoos football games run smoothly and are played in the correct manner.

Game Leaders keep the game flowing by limiting extended stoppages, assisting players and ensuring all players are **INVOLVED** and having **FUN**

Game Leaders can be:

- Parents
- Coaches
- Siblings
- Qualified referees





Module 1

Role & Responsibilities as a Game Leader

Game Leaders MUST create a positive learning environment whereby all players are involved, following the rules and playing safely.

Some things to consider:

- Encourage players to dribble & pass with their team
- Encourage different players to take restarts
- Use a “**Ready, Set, Go**” prompt to encourage quick decisions when restarting play
- Ensuring opposition players are an acceptable distance away from restarts
- Discourage players overly-GUARDING the goal
- Ensure players, parents and coaches create a safe, enjoyable and positive environment for the players
- Ensure **YOURSELF** & **PLAYERS** are having **FUN**



What is a foul?

In MiniRoos football most players will not understand what IS and IS NOT a foul. Your role is to educate them on the below actions deemed as a foul and worthy of a free-kick or restart.

Indirect free kicks are given for fouls, unless inside the penalty area (direct)

KICKS

Kicks out, or attempts to kick an opponent OR team mate

TRIPS

Trips, or attempts to kick an opponent OR team mates



* Opponents must be 5m back



Module 2

What is a foul?

CHARGES

Charges an opponent

PUSH or HOLD

Pushes or holds an opponent OR team mate

TACKLE

Tackles an opponent DANGEROUSLY, or from behind

SWEARS

Swears, or uses bad language towards anyone ON & OFF the field

If something looks dangerous or unsportsman-like call a foul and explain WHY to players

Question - What things could be considered?



What is a foul?



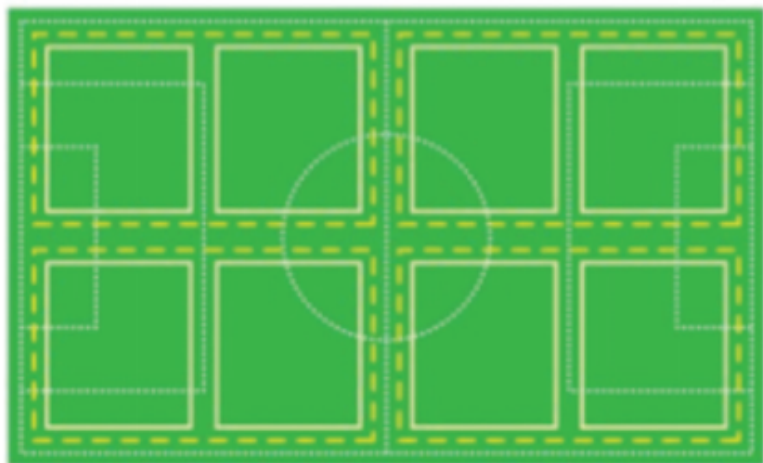
If you believe a player is becoming increasingly **AGGRESSIVE** or frustrated suggest to the coach to substitute the player.

A 5 minute substitution may avoid over aggressive behaviour, conflict or dangerous play



Playing Rules & Formats

Under 6 – 7 MiniRoos

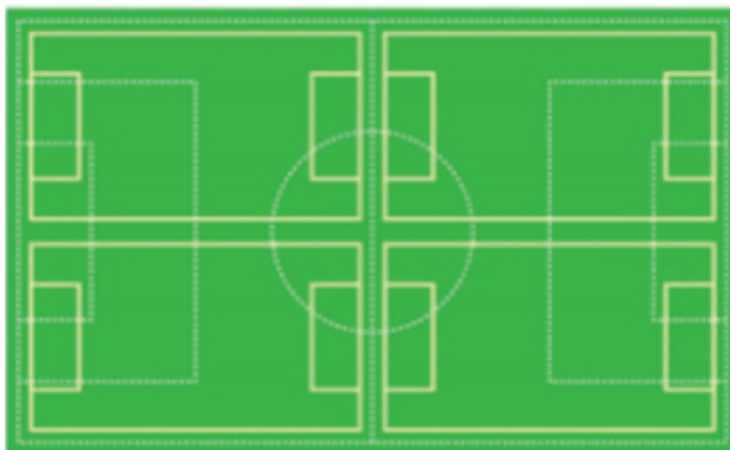


Under 6 -7 MiniRoos	
Field Size	30m x 20m
Players on field	4 vs 4
Goals	Pop-up goals (1mx1m)
Ball Size	Size 3
Game Length	2x 15 minutes
Goalkeepers	No GK
Restart	Dribble/Pass No throw-ins No Corners



Playing Rules & Formats

Under 8 – 9 MiniRoos



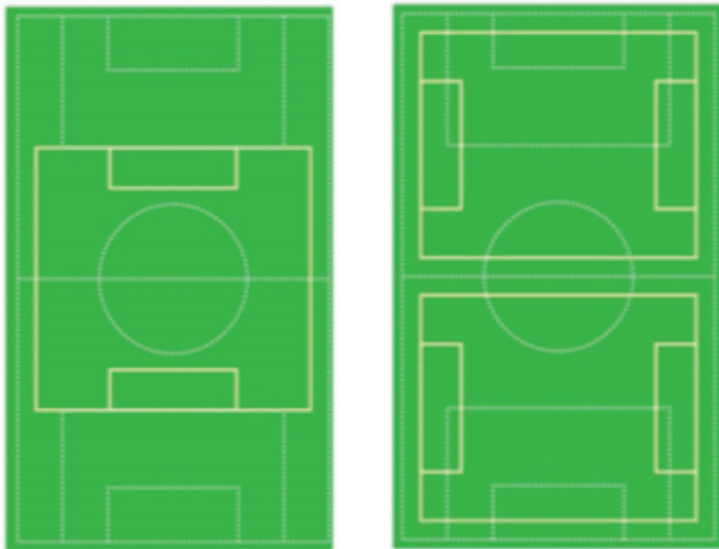
Goalkeepers CANNOT dropkick the ball
Discourage OFFSIDE

Under 8 -9 MiniRoos	
Field Size	45m x 35m
Players on field	7 vs 7
Goals	3m x 2m
Ball Size	Size 3
Game Length	2x 20 minutes
Goalkeepers	Yes
Restart	Throw-ins Corners
Penalty Area	5m x 12m



Playing Rules & Formats

Under 10 – 11 MiniRoos



Goalkeepers CANNOT dropkick the ball
Discourage OFFSIDE

Under 10 -11 MiniRoos	
Field Size	65m x 45m
Players on field	9 vs 9
Goals	5m x 2m
Ball Size	Size 4
Game Length	2x 25 minutes
Goalkeepers	Yes
Restart	Throw-ins Corners
Penalty Area	5m x 12m



Restarts

	Side line	Goal restart	Corners
Under 6 – 7 “Ready, Set, Go”	Team opposite the last touch of the ball can dribble/pass the ball into play. Opponents must be 5m back	The defending team can dribble/pass ball into play. Opponents must be on the half-way line	N/A
Under 8 – 9	Team opposite the last touch of the ball must take a throw-in. Opponents must be 5m back	When the ball crosses the goal line and the attacking team touched it last it is a goal line restart, from the ground. Opponents must be 5m back from penalty area.	If the defending team touched the ball last, a corner kick is given to the opposition. Opponents must be 5m back from the ball
Under 10 – 11	Team opposite the last touch of the ball must take a throw-in. Opponents must be 5m back	When the ball crosses the goal line and the attacking team touched it last it is a goal line restart, from the ground. Opponents must be 5m back from penalty area.	If the defending team touched the ball last, a corner kick is given to the opposition. Opponents must be 5m back from the ball



General Principles

Throw-ins

If a player makes a mistake when taking a throw-in, tell them on the run.
There should be no turn-over for foul throws.
Ball behind their head + Both feet on the ground = GREAT

Offside

Discourage players standing in significant offside positions

Goal line restart

Communicate with players that they must be behind a certain line (or yourself) when a goal kick is being played
Promote goal keepers to pass the ball short, rather than a big kick down field





Module 3

Working with children, coaches, parents

The game is about THE PLAYERS

Try your hardest to ensure all players, parents and coaches live by this, encouraging equal game time, positive actions and good effort.

If a player/coach/parent becomes increasingly agitated, aggressive or vocal from the sideline seek out assistance from other parents and coaches to diffuse the situation.

Poor language and aggressive behaviour should **NOT be tolerated**. Please report any matters to your local football club, association or member federation.





YOUR role as a GAME LEADER

The game is about THE PLAYERS

As a Game Leader:

- Create a positive and fun environment
- Encourage good football
- Encourage sportsman-like conduct
- Encourage players to give THEIR best effort
- Be enthusiastic
- Have fun



PLEASE REMEMBER



1. THESE ARE KIDS

2. THIS IS A GAME

3. THE COACHES
ARE VOLUNTEERS

4. THE GAME
LEADERS ARE HUMAN

5. THIS IS NOT
THE WORLD CUP



Resources

MiniRoos Website

www.miniroos.com.au

FFA Coaching resource

www.ffacoachingresource.com.au

Working With Children

www.kidsguardian.nsw.gov.au

Grassroots Coaching Certificate

Find your nearest course

www.myfootballclub.com.au

Contact your local football
association or Member Federation
for further enquiries

A special thanks to the following
collaborators



Thank you

Better Coaches, Better Football

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