



# Macquarie Dragons Football Club

## MiniRoos U10-U12 Info Sheet – 2022



### MINIROOS

#### Mini-Roos's Small Sided Games (u10-12)

**Competition Structure** - Mini-Roos is a non-competitive small-sided game format on a small field with simplified rules. The progression through MiniRoos will get them ready to play 11v11. The mini-roos organizers will try to keep friends playing together in the same team if requested. Players will be placed into teams when graded to ensure their skills are evenly matched so kids can enjoy their football. Mixed teams play on Saturdays and Girl's teams play on Sundays.

**U10 U11 & U12** – is a 9v9 game for teams of 11 to 13 players. There is no individual grading of players for mini-roos at Macquarie Dragons unless the club decides to field a "Division 1" team. If the club decides to hold grading days players will be evenly matched & placed into a graded team. Grading is not compulsory. Our home ground is Fontenoy Park & game times can range from 8:30am-12:30pm on Saturdays.

**Mini-Roos's Game Days** – U10-12 players must attend the pre-season team days on 13<sup>th</sup> and 20<sup>th</sup> March at Fontenoy Park to meet your team and get organized. Playing kits are given out on the 20<sup>th</sup> March.

**Mini-Roos's Gala Day** – U10-12 teams are invited to play in a football round robin with neighboring clubs at the Gala Day on 27<sup>th</sup> March at Fontenoy Park. Parents and Grandparents are welcome to come & meet others in your child's/children's team.

**Co-op Training** - Macquarie Dragons uses Coerver Academy style training for non-competitive age groups U6-11 & competitive age U12 to teach children ball skills and football techniques at a very young age.

The sessions are fun for the players and make it easy for team coaches and managers. Each co-operative training sessions will be led by the Coerver Academy head coach who will organise the setup of all activities. Co-op for all U10-U12 (girls and boys) is at Waterloo Park on Wednesday's at 5pm. All Co-op participants will be given a **FREE** club training jersey & ball. Club shorts and socks can be purchased at the special club price of \$20per pack. The training jersey & ball should be worn/bought to each training session. Co-op training starts 6 April for U10-12. Please remember to bring a labelled drink bottle for training & of course your football.

#### Girls Sunday Football

Most games are played on Sundays at Morrison Bay Park and Meadowbank Park. Non-competitive small-sided games may also be played at other nearby venues. This season you may have the odd game played at our home ground Fontenoy Park.

Teams are expected to complete one canteen shift per season at either home ground given by NWSF. Your team manager will notify you once the allocations are set. Game times can range from 8:30am-12:00pm on Sundays.

### GAME DAY

#### Wet Weather

Games and training is ALWAYS **ON** unless called off by the association, the local council or the club. Football is often played in the rain. Club executives will close grounds if deemed too dangerous to use. In the event of a wet-weather ground closure, an SMS notification will be sent out no later than 4pm to team managers. The team manager will relay this message to team members. The grounds will be re-assessed once again on Saturday afternoon for Sunday games.



#### Team Uniform/Attire

Players in all matches must appear in proper uniform, comprising of Dragons playing jersey, black Dragons club shorts, Dragons club socks, Football boots (moulded soles). For players safety, shin pads must be worn at all games and training sessions. Each Dragon will be given a playing jersey which is on loan for the season and must be returned at presentation day by your team manager in the team kit bag provided.



## OFFICIAL ROLES

### Working with Children Check (WWCC)

It is a requirement of Football NSW that all coaches and managers working or volunteering with children under 18 years of age obtain a WWCC and provide their Club with a valid number. Referees over 18 years of age and volunteer parents or close relatives coaching or managing their own child's or close relative's team are NOT exempt. Please obtain your WWC at [www.service.nsw.gov.au/transaction/apply-working-children-check](http://www.service.nsw.gov.au/transaction/apply-working-children-check)

### Team Manager and Assistant Manager

Every team needs a manager to coordinate the logistics, communications and records of the team. No special football skills or knowledge are prerequisites. This is the middle communications person between the team & the Club.

### Game Leader/Assistant Leader

Every team needs a coach to organize training and coordinate how the team plays the game. Coaching young people of any age gives you the opportunity to have a massive and important influence on the future of your community and can be full of challenge and rewards. No special football skills or knowledge are prerequisites

### Coaching Courses

FFA recommends that all coaches from Grassroots through to U18 attend a football coaching course during the season to learn and understand the new coaching curriculum and how to implement it to players of all levels. Macquarie Dragons arranges coach training via NWSF FREE of charge. In 2022, NWSF require all coaches to have a grassroots coaching certificate as a minimum.

### Important dates to remember in 2022

#### **March:**

- 13<sup>th</sup> Minis (u10-12) meet and greet at Fontenoy
- 20<sup>th</sup> Minis round robin games and C&M collection of kits at Fontenoy
- 21<sup>st</sup> Coaches & Managers Club Forum
- 27<sup>th</sup> Mini gala day at Fontenoy
- 30<sup>th</sup> Co-op training starts for u10-12 Wed @5pm at Waterloo Park

#### **April:**

- 2<sup>nd</sup> Mixed competitions start
- 3<sup>rd</sup> Girls competitions start
- 14<sup>th</sup> Goalkeeper training start u8+

#### **May:**

- 3<sup>rd</sup> Dragons Pre School Program begins
- 6<sup>th</sup> High Skills Development Program starts u8+
- 21/22 Photo day at Waterloo
- 24/25 Fundraiser hand out

#### **June:**

- 25<sup>th</sup> Social night/Comedy

#### **August:**

- 13<sup>th</sup> Regular season ends

- 20<sup>th</sup> Grand final day (mixed competitions)
- 21<sup>st</sup> Grand final day Women's and last round of girls competition

#### **September:**

- TBC Presentations Minis/Youth

### MiniRoos U10-U12 Format

<b>Age</b>	<b>U10,11,12 teams</b>
<b>Number of players</b>	9 players on field incl GK
<b>Field size</b>	65m L x 45m W
<b>Penalty Area</b>	5m deep x 12m wide (use markers) Penalty kicks taken 8m from goal line
<b>Offsides</b>	Yes
<b>Ball size</b>	Size 4
<b>Goal size</b>	2.0m-5.0m
<b>Goal type</b>	Aluminium goals
<b>Goalkeeper</b>	Yes
<b>Duration of game</b>	2 x 25min halves (5-7min half time)
<b>Results recorded</b>	No U10 & U11 Yes U12 (Points & Finals)



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