



Macquarie Dragons Football Club

Mini Roos (U6-U9) Info Sheet – 2024



MINI ROOS

Mini Roos Small Sided Games (U6 to U9 age groups)

Competition Structure: Mini Roos is a non-competitive small-sided game format on a small field with simplified rules. The progression through Mini Roos will get players ready to play 11v11. The Mini Roos coordinator will attempt to keep friends playing together in the same team wherever possible. As players progress through age groups they will be placed into teams to ensure their skills are evenly matched to maximise enjoyment of their football. Mixed teams play on Saturday mornings and girls teams play on Sunday mornings.

U6 and U7: These age groups play a 4 vs 4 game in teams of 5 to 7 players to allow for substitutions during the games. There is no goal-keeper position at this age.

U8 and U9: These age groups play a 7 vs 7 game in teams of 9 to 11 players to allow for substitutions during the games. The goal-keeper position is introduced at this age and we encourage all players to try this position for exposure.

There is no individual grading of players for U6 to U9 Mini Roos at Macquarie Dragons, unless the club decides to field a “Division 1” team.

Boys & girls turning 5 at any time in the calendar year of the current season can also play in the U6 age group.

Our home ground is Fontenoy Park & game times can range from 8:30am-11:30am on Saturdays. ‘Away’ games are played in the local area, usually at the opposing team’s home ground and generally no more than 15 minutes’ drive from Macquarie Park.

Mini Roos Orientation Day: U6 to U9 players and parents must attend the pre-season team orientation day on 17th March 2024 at Fontenoy Park to meet your team, buy your shorts and socks if you don’t have them already and enjoy a kick-around with your new team. Playing kits are also provided to on this day.

Mini Roos Gala Day: U6 to U9 teams are invited to play in a football round robin ‘Gala Day’ with neighbouring clubs on 24th March 2024 at Fontenoy Park. Parents, grandparents and/or carers are welcome to come along and meet others in your child’s/children’s team and watch the games. All U6-U9 Dragons players can enjoy a free BBQ on the day.

Sydney FC Co-operative Training 2024: Macquarie Dragons has an exciting and exclusive partnership with Sydney FC to provide co-operative training for non-competitive age groups. This partnership is a great way 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 to lead the drills and games. Each co-operative training session will be guided by the Sydney FC and Academy head coach who will organise the setup of all activities. Co-operative training for all U6 & U7 (girls and boys) is at Waterloo Park on Tuesdays at 5pm & U8 & U9 (girls and boys) following at 6pm.

All Sydney FC Co-operative training participants will be given a **FREE** club training jersey which is to be worn to each training session. Club shorts and socks can be purchased at the special club price of \$30per pack and the best time to purchase these will be at the Minis Orientation Day. You will need to purchase shin pads and moulded football boots separately from any sporting goods store.

Balls and other training equipment will be provided by the Sydney FC Coaching team at each session. Sydney FC Co-operative training starts **Tuesday 26th March 2024**. Please remember to bring a labelled drink bottle to every training session and it is important to remember that an adult supervisor must be present with each player for the duration of every training session.

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 women and girls home ground, Waterloo Park. All 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-11:30am on Sundays.

GAME DAY



Wet Weather

Games and training are **ALWAYS ON** unless called off by the association, the local council or the club. Football is often played in the rain as long as conditions are deemed to be safe enough. 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



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 player 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.



OFFICIAL ROLES

Team Manager and Assistant Manager

Every team needs to choose a manager and an assistant to coordinate the logistics, communications and records of the team. No special football skills or prior knowledge or experience is required. This is the middle communications person between the team and the club.

Team Coach (Game Leader) and Assistant Coach

Every team needs to choose a coach and assistant to organise 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 support is provided by Sydney FC for all coaching sessions and further information and coaching will be provided to coaches during the season.

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

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 training for all Coaches via North West Sydney Football (NWSF) **FREE of charge**. In 2024, NWSF requires all coaches to have a grassroots coaching certificate as a minimum.

Important dates: 2024 Season

March:

- 17th Mini Roos (U6 to U9) Orientation at Fontenoy Park
- 18th Coaches & Managers Club Meeting (Zoom meeting)
- 24th Minis Gala Day round robin games and BBQ at Fontenoy Park
- 26th Sydney FC Co-operative training starts for U6 and U7 at 5pm & U8 and U9 at 6pm at Waterloo Park

April:

- 6th Mixed competitions start
- 7th Female competitions start

May:

- 18th Club photo weekend at Waterloo Park
- 25th Club photo weekend at Waterloo Park

June:

- 1st Club Fundraising distribution

July:

August:

- TBC Regular season ends
- TBC Grand final day (Junior mixed competitions)
- TBC Grand final day (Women's) and last round of girl's competition

September:

- TBC Presentation Day

Mini Roos Format

Age	U6 & U7 teams	U8 & U9 teams
Number of players	4 players on field	7 players on field including goalkeeper
Field size	30m L x 20m W	40m L x 30m W
Penalty Area	No penalty area	5m deep x 12m wide (use markers)
Ball size	Size 3	Size 3
Goal size	1.0m-2.0m	2.0m-3.0m
Goal type	Portable goals	Aluminium goals
Goalkeeper	No	Yes
Duration of game	2 x 20min halves (5min half time)	2 x 20min halves (5-7min half time)
Results recorded	For grading purposes only	For grading purposes only

www.macquariedragons.com.au

President: Sherif Yazbeck
president@macquariedragons.com.au

Vice-President: Kathy Tracey
vicepresident@macquariedragons.com.au

Secretary: Prentice Peddar
secretary@macquariedragons.com.au