

# **GDSFA**

## **Optus**

# **Small Sided Football Handbook**

## **2013**

# **Under 10 .....**



# **ACKNOWLEDGEMENTS**

Written and compiled by

**Veronica Brogden**

Ba. Soc Sci (PE/REC), Dip Ed (PDHPE)

In Conjunction with:

**Poppy Kotsiopoulos**

GDSFA OSSF Director

2012 GDSFA OSSF Sub-committee Members

2012 GDSFA Staff and Board of Directors

## **CONTENTS**

1. Introduction
2. Why Optus Small Sided Football?
3. Progression through Optus Small Sided Football
4. Under 10 Age Group

## **APPENDICES**

- A. GDSFA Website Information Contacts
- B. GDSFA Grounds
- C. GDSFA Wet Weather Procedure
- D. Coaching Resources
- E. Team Management Resource

# **INTRODUCTION**

## **HISTORY**

In 2008, the GDSFA began to establish Optus Small Sided Football (OSSF) in response to a directive from our Governing bodies, Football Federation Australia (FFA) and Football New South Wales (FNSW).

The GDSFA made the decision to gradually introduce the OSSF games with the 2008 Under 6 group being the first to experience this new form of football.

In response to this larger clubs established in-house OSSF games whilst “clusters” for smaller clubs were established.

Some clubs found that organizing an informal skills morning finishing with a game worked for their players whilst others found that organizing players into teams within structured training sessions during the week and a fixed draw either in-house or in cluster better suited their players and/or club.

## **GDSFA OSSF HANDBOOK**

With the progression of OSSF the need to standardize and formalize the structure within the GDSFA came to light. As such an OSSF Sub-Committee was established in 2010 to assist and advise the GDSFA Board in the development of our players and OSSF. This handbook has been put together to give affiliated clubs, coaches, managers and parents definitive guidelines as to how to establish successful and exciting initiatives for our young members.

Another reason for writing this handbook is to establish clear channels of communication from GDSFA to Clubs, Coaches, Managers and Players and back again.

Hopefully this handbook will give all involved with OSSF a clear view of how it is being established within GDSFA and why OSSF is happening not only within our Association, but nationally.

## **CLUB RESPONSIBILITY FOR COMMUNICATION**

In developing this resource it is hoped that channels for accurate communication of information are opened up between GDSFA, Clubs and their members.

For an organization as large and varied as the GDSFA it is vital that Clubs pass on information swiftly and, more importantly, accurately. With so many forms of communication available to organizers, our members from Under 5's through to Over 35's should have access to ground closures, draw updates, procedures, courses and rule updates almost as soon as the decision has been made

We thank all Clubs officials for their assistance and work because the GDSFA would not be able to offer such a variety of football opportunities for children, women and men in our area as it does.

# **WHY OPTUS SMALL SIDED FOOTBALL?**

(Adapted from the FFA Optus Small Sided Football Handbook 2011)

OSSF is a modified form of 11-a-side football, designed to meet the needs of players between the Under 6 and U 11 age groups, who have very different developmental characteristics and needs to adult players.

First and foremost, OSSF is truly aimed at young people of all abilities, not simply the more talented players in each age group.

With the emphasis on participation and enjoyment, and an associated removal of the current emphasis on the importance of winning, children are much more likely to enjoy their football playing experience, will be keen to play more often and are less likely to drop out of the game.

Justification of OSSF is based on:

- 11-a-side football is in essence an adult game devised by and for adults to play
- More fun and individual enjoyment due to smaller fields and simplified rules
- More playing time, which maximizes individual participation and involvement
- More shots on goal
- More involvement leads to greater improvement in fitness

The philosophy of OSSF focuses on the enjoyment and freedom of expression with limited emphasis on coaching per se, particularly in the formative years of a player's development.

Some statistics of particular interest can be seen below:

- 91% of parents felt their club emphasized the player's development, enjoyment and philosophy of Small Sided Football over winning games
- Over 90% of parents reported that their child enjoyed playing football in the Small Sided format
- Over 80% of parents reported that the reasons for implementing Small Sided Football were communicated to them
- Over 70% of parents were offered appropriate information and education supporting the move to Small Sided Football
- Over 90% of parents felt the coach of their child's team embraced the Small Sided Football philosophy
- Over 85% of parents felt their child touched the ball lots of times and was very active
- Over 85% of parents felt Small Sided Football promotes a positive playing environment for children
- Over 80% of parents felt their child's playing ability and skills improved throughout the season
- More people felt it was easier to become involved as a volunteer in Small Sided Football and there was not a feeling you needed to be a football expert

**GDSFA agree with the evidence and philosophy FFA have presented and embrace the establishment of Small Sided Football within our Association.**

# **PROGRESSION THROUGH** **OPTUS SMALL SIDED FOOTBALL**

(Adapted from the FFA Optus Small Sided Football Handbook 2011)

<b>Playing Format</b>	<b>Under 6 &amp; 7</b>	<b>Under 8 &amp; 9</b>	<b>Under 10 &amp; 11</b>
<b>Points table and Finals</b>	No	No	No
<b>GDSFA Competition Format</b>	In house or Cluster	U8 in house or Cluster U9 GDSFA Draw	U10 GDSFA Draw
<b>Number of Players</b>	4 v 4	7 v 7	9 v 9
<b>Goalkeeper</b>	No	Yes	Yes
<b>Field Size</b>	Length: 30m Width: 20m	Length: 40m-50m Width: 30m-40m	Length: 60m-70m Width: 40m-50m
<b>Field Markings</b>	Markers or Line Markings	Markers or Line Markings	Markers or Line Markings
<b>Penalty Area</b>	No	Depth: 5m Width: 12m	Depth: 5m Width: 12m
<b>Goal Size</b>	Width: 1.5m-2m Height: 0.9m-1m	Width: 2.5m-3m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
<b>Goal Type</b>	Goals, Poles or Markers	Goals, Poles or Markers	Goals, Poles or Markers
<b>Ball Size</b>	3	3	4
<b>Playing Time</b>	2 x 15 minutes	2 x 20 minutes	2 x 25 minutes
<b>Half Time Break</b>	5 minutes	5 minutes	7.5 minutes
<b>Referee</b>	Game Leader	Instructing Referee	Instructing Referee

**The GDSFA Board of Directors endorsed the recommendations of the OSSF Sub-Committee which was that the eldest group of OSSF plays a tabled competition with no finals, i.e. First past the post.**

**This will be a trial competition with the 2013 Under 11 age group and will be reviewed for the 2014 season.**

# **UNDER 10 AGE GROUP**

## **LAWS OF THE GAME**

### **FIELD OF PLAY**

#### **Dimensions**

The field should be rectangular in shape. Length: 60m – 70m, Width: 40m – 50m  
½ full size pitch – when converting a full size pitch into OSSF fields

#### **Markings**

Markers or painted line markings

#### **Goal Size**

Width: 4.5m – 5.0m, Height: 1.8m – 2.0m

#### **Goal Type**

It is recommended that clubs use portable goals where possible

#### **Penalty Area**

Rectangular – Depth 5m, Width 12m

Can be marked through the use of marked lines, flat or soft markers or cones

#### **The Ball**

Size 4

#### **Duration of Game**

2 x 25 minute halves

Half-time break of 7.5 minutes

#### **Number of Players**

9 v 9 – Including Goalkeeper

A maximum of four (4) substitutes which may rotate during the entire game

The coach or manager may make substitutions while the ball is in play but must wait until the substituted player has left the field

#### **The Goalkeeper**

- The Goalkeeper is allowed to handle the ball anywhere in the penalty area
- To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds
- **The Goalkeeper is NOT allowed to kick or drop-kick the ball directly from their hands**
- The ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds
- Opponents must be at least 5m outside the penalty area and cannot move inside the penalty area until the ball is in play
- The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground\*\*

## **\*\*Goalkeeper Progression**

The developmental progression of the game becoming “LIVE” when the goalkeeper places the ball on the ground provides the necessary learning phase for players transitioning the 11 v 11 format

- An indirect free kick is awarded if the goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team-mate

## **OFFICIALS – INSTRUCTING REFEREE**

### **Role of the Instructing Referee**

The main role of the Instructing Referee is to control the game and to ensure it is played fluently and instruct and correct the players (with minimal whistle blowing) on how to behave and what the rules are, e.g. what a foul is, what a free kick is and how to throw in etc. Should these indiscretions happen a second time the referee should stop the game and apply the appropriate action and decisions.

The Instructing Referee can be a club official, parent, older child or player, beginning referee or official referee from the Association.

The Instructing Referee should:

- Encourage all children to have fun and different children to take re-starts
- Ensure the correct number of players is on the field.
- Discourage players from permanently standing in blatant offside positions and instruct them to move into onside positions
- Let the game flow and give instruction to all players on the run where they can
- Instruct players in the first instance before blowing the whistle where possible
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasize winning or losing
- Be enthusiastic, consistent and approachable
- Remember the children are learning – be flexible and patient

## **THE START OF PLAY AND RESTART OF PLAY AFTER A GOAL**

### **Start of Play**

- Pass the ball forward to a team mate from the middle of the halfway line
- All players must be in their own half of the field of play
- Opponents must be at least 5m away from the ball until it is in play
- The ball must touch a team mate before a goal can be scored

### **Ball in and out of Play**

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the Instructing Referee

## **Ball Crossing the Touch Line**

### **Throw in:**

- A player from the opposing team of the player that last touched the ball before it crossed the line takes the throw in
- The player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head
- The thrower must NOT touch the ball again until it has touched another player
- Opponents must be at least 5m away from the ball until it is in play
- The ball is in play once it enters the field of play
- A goal cannot be scored directly from a throw in

## **Ball Crossing the Goal Line after touching the Defending team Last**

### **Corner kick**

- A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line
- Opponents must be at least 5m away from the ball until it is in play
- The ball is in play when it is kicked and moves
- A goal may be scored directly from a corner kick

## **Ball Crossing the Goal Line after touching the Attacking team Last**

- A player from the attacking team kicks the ball from anywhere within the penalty area
- Opponents must remain 5m outside the penalty area until the ball is in play
- The ball is in play once it is kicked directly out of the penalty area

## **Method of Scoring**

- A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar
- When goalposts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player

## **Offside**

There is NO offside

- **Coaches should strongly discourage children from permanently standing in blatantly offside positions**
- Instructing Referees should direct players permanently standing in blatant offside positions to move into onside positions
- Children should be made aware of the offside rule during training and encouraged to adopt it in the games at all times

## **FOULS AND MISCONDUCT**

Indirect Free Kicks are awarded for all acts of handball or fouls and misconduct

- Opponents must be at least 5m away from the ball when the indirect free kick is taken
- An indirect free kick is where a goal can be scored only if the ball touches another player before it enters the goal



Fouls and Misconduct are when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent from behind to gain possession of the ball
- Hold an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of the player

### **POINTS TABLES AND FINALS**

To ensure that OSSF is played in the correct spirit and gives all players the best possible chance to develop into the best players they can be FFA advises that member Federations, Zones, Associations and Clubs adopt and promote that the keeping of points table and playing of finals should not be done

### **PRACTICAL RECOMMENDATIONS FOR COACHES AND MANAGERS**

Below are some practical recommendations you may wish to consider in your role of Coach or Manager:

- All players should get an equal amount of playing time
- When a player is dominating the game and has already scored 3 goals and their team is winning by a 3 goal margin he/she can only score another goal when one of their teammates has scored a goal. This encourages good players to include their team members and to force them to create opportunities for others
- Every attempt should be made to ensure that teams of reasonably equal ability are playing each other. Each respective governing body will have their own system to achieve this.

## **GRADING OF PLAYERS FOR GDSFA COMPETITIONS**

It is advisable for clubs to use a basic Assessment Form (example included in Appendix) for this age group. This will track the progress and development of individual players so that when players need to be graded there is a starting point with the history collected.

Clubs are encouraged to use “soft” grading system for teams in this age group. This is to loosely group players in ability levels, but take into consideration requests for players to be in the same team for exceptional circumstances. For example, siblings or transport problems. Such requests should be handled on a case by case basis.

# **THE ORGANISATION OF OSSF IN GDSFA**

Clubs associated with GDSFA in this age group participate in an “Association-wide” playing format.

## **INTER-CLUB ORGANISATION/CHARACTERISTICS**

(Adapted from the FFA Optus Small Sided Football Handbook 2011)

- Players are placed into graded teams at Club level
- Teams are placed into a GDSFA division based upon Club nominations
- Volunteer Coach and Manager allocated to each team
- Teams have weekday training sessions
- “Home and away” games only on Saturday mornings. Draw arranged by GDSFA
- No scores or tables of team success are kept

## **ORGANISATION**

- At registration collect the following information:
  - Player’s school
  - Actual birth date of player
  - Allergies and other medical/learning difficulties
  - Best days for training (if more than one available per age group)
  - Family or friend to be on team
- Include a privacy clause and ensure it is adhered to. This reassures parents that the information will be used to place their child on a team with a Coach that best suits them
- Try to place nominated families together first
- Place players with at least one player from their school (if applicable)
- TWINS & SIBLINGS: Speak to parents to see if they would like them in the same team or squad or if they would prefer they are separated
- Have grading dates ready to inform parents and players

# APPENDICES

A	GDSFA Website Information And Contacts
B	GDSFA Grounds
C	GDSFA Wet Weather Procedure
D	Coaching Resources
E	Team Management Resources

# APPENDIX A

## **GDSFA Website Information and Contacts**

<http://www.granvillesoccer.com.au>

**ALL CORRESPONDENCE TO GDSFA SHOULD BE VIA YOUR CLUB SECRETARY**

### **Ground Closures:**

- On Home Page
- Scroll down to Table showing ground closures
- Alternatively visit Club website with whom your game is scheduled
- Contact numbers for all Local Council Wet Weather Hotlines:
  - Auburn Council – 02 9735 1299
  - Hills Council – 02 9843 0354
  - Holroyd Council – 02 9294 1418
  - Parramatta Council – 02 9294 8586

### **Ground Location:**

- Click on tab at top labeled GROUNDS
- Click on venue. A map will show the location together with the address

### **GDSFA Club Contacts:**

- Click on tab at top labeled CLUBS
- Select Club
- Linked to website

### ***OR ALTERNATIVELY DOWNLOADED AS PDF***

- On Home page
- Scroll down to CLUB CONTACTS
- Click on tab to view or print all contacts as pdf

### **GDSFA, FNSW AND FFA CONTACTS**

Granville & Districts Soccer Football Association Inc

p. 02 9738 7222

e. [manager@granvillesoccer.com.au](mailto:manager@granvillesoccer.com.au)

w. [www.granvillesoccer.com.au](http://www.granvillesoccer.com.au)

### **GDSFA OSSF DIRECTOR**

Poppy Kotsiopoulos

m. 0421 127 774

e. [poppy.kotsiopoulos@granvillesoccer.com.au](mailto:poppy.kotsiopoulos@granvillesoccer.com.au)

Links to FNSW and FFA are available on the GDSFA website

# APPENDIX B

## GDSFA Grounds List

CODE	GROUND AND ADDRESS	CLUB	CODE	GROUND AND ADDRESS	CLUB
ALP	ALPHA RD PARK Cnr Alpha Rd and Dahlia St GREYSTANES	GREYSTANES FC	HGR	HARRY GAPES RESERVE Lavinia St MERRYLANDS	GRANVILLE KEWPIES
MAS	MASONIC SCHOOLS OVAL Seven Hills Rd BAULKHAM HILLS	WINSTON HILLS FC	HZR	HAZEL RYAN OVAL Speers Rd NORTH ROCKS	NORTH ROCKS SC
BTH	BATHURST ST PARK Bathurst St and Ballina St GREYSTANES	GREYSTANES FC	JON	JONES PARK Banks St PARRAMATTA	WENTWORTHVILL UNITING
BEL	BELLA VISTA OVAL Crown Terrace BELLA VISTA	ST MICHAELS - BAULKHAM HILLS	MAX	MAX RUDDOCK RESERVE Romulus St WINSTON HILLS	WINSTON HILLS FC
BMC	BERNIE MULLANE COMPLEX Marella Ave CASTLE HILL	KELLYVILLE KOLTS	MCC	McCOY PARK McCoy St (off Station Rd) SEVEN HILLS	WINSTON HILLS FC
BIN	BINALONG OVAL Binalong Rd OLD TOONGABBIE	PENDLE HILL	MEM	MEMORIAL PARK (KELLYVILLE PARK) Memorial Ave KELLYVILLE	OLOR ST.ANGELAS
CLM	COLEMAN PARK Nottinghill Rd LIDCOMBE	LIDCOMBE WARATAHS	MRY	MERRYLANDS PARK Cnr Merrylands Rd and Burnett St MERRYLANDS	MERRYLANDS SFC
COL	COLQUHUON PARK Lackey St MERRYLANDS	GRANVILLE KEWPIES	MUR	MURRAY FARM RESERVE Carmen Dr CARLINGFORD	NORTH ROCKS SC
COM	COMMERCIAL RD RESERVE Hills Centenary Park Commercial Road ROUSE HILL	ROUSE HILL RAMS BEAUMONT HILLS	NRP	NORTH ROCKS PARK North Rocks Rd NORTH ROCKS	NORTH ROCKS SC
CRE	CRESTWOOD RESERVE Peel Rd BAULKHAM HILLS	ST MICHAELS – BAULKHAM HILLS	PHL	PHILLIPS PARK Dalley St LIDCOMBE	LIDCOMBE ARIANA LIDCOMBE CHURCHES
CRT	CURTIS OVAL Yates Ave DUNDAS VALLEY	DUNDAS UNITED	PRP	PRINCES PARK Princes Rd West AUBURN	REGENTS PARK
DAN	DANIEL ST PARK Jonathon St GREYSTANES	OLQP GREYSTANES GREYSTANES FC	PRG	PROGRESS PARK Killeen St AUBURN	AUBURN DISTRICT
EMR	ERIC MOBBS RESERVE Excelsior Ave CASTLE HILL	CASTLE HILL RSL ST BERNADETTE'S FC	RAY	RAY MARSHALL RESERVE Erie St SOUTH GRANVILLE	GRANVILLE RAGE JUNIORS
ERC	ERIC PRIMROSE RESERVE John St RYDALMERE	PARRAMATTA CITY FC	ROB	ROBIN THOMAS RESERVE Harris St PARRAMATTA	GRANVILLE WARATAHS
EVE	EVERLEY PARK Everley Rd CHESTER HILL	GUILDFORD McCREIDIE PARRAMATTA FC	RMD	RON MONDY OVAL Marian St GUILDFORD	GUILDFORD COUNTY
FCO	FRANCESCO CRESENT RESERVE Francesco Cres BELLA VISTA	NORWEST COUGARS	RYD	RYDALMERE PARK Park Rd RYDALMERE	RYDALMERE FC
FRE	FREAME PARK Cnr Burnett St and Reese St MAYS HILL	WENTWORTHVILLE UNITING CHURCH	SCP	SECOND PONDS OVAL Withers Rd ROUSE HILL	HILLS BRUMBIES
FRD	FREC CATERSON RESERVE Gilbert Rd CASTLE HILL	CASTLE HILL UNITED	SYD	SYDNEY SMITH RESERVE Amos St WESTMEAD	WENTY WARATAHS
GKR	GEORGE KENDALL RESERVE Trumble Ave ERMINGTON	ERMINGTON UNITED	TBS	TED BURGE SPORTSGROUND Centenary Rd SOUTH WENTWORTHVILLE	WENTY WARATAHS
GIR	GIRAWEE PARK Octavia Street GIRAWEE	TOONGABBIE DEMONS	TED	TED HORWOOD RESERVE Renown Rd BAULKHAM HILLS	BAULKHAM HILLS FC
GLD	GUILDFORD PARK Marian St GUILDFORD	GUILDFORD COUNTY	WEB	WEBBS AVENUE RESERVE Webbs Ave AUBURN	AUBURN FC
GLW	GUILDFORD WEST SPORTSGROUND Foray St GUILDFORD WEST	HOLROYD RANGERS	WIL	WILSON PARK Newington Rd SILVERWATER	NEWINGTON GUNNERS

# **APPENDIX C**

## **GDSFA Wet Weather Procedure**

Club Officials are responsible for checking the GDSFA website for away ground closures and then informing their team Managers by whichever procedure their Club has in place.

If a Club has to close their grounds due to weather or maintenance, GDSFA should be notified as soon as possible so that the website can be updated and alternative arrangements can be arranged.

Clubs should also adjust their own websites regularly with ground closures.

When grounds are closed due to wet weather or maintenance, games may be re-scheduled as late as Saturday morning to another ground with the GDSFA boundaries which is not affected. It is essential that Club Officials are available for contact to arrange grounds and inform their teams.

GDSFA and Club Officials endeavor to hold games so as not to force catch-up rounds.

OSSF games when cancelled for U5-U8 age groups will not need to be replayed. Clubs participating in the Cluster Competitions however, may like to arrange the games between their teams on another day.

In the case of a wash-out, where possible the GDSFA will reschedule OSSF games. It should be noted however that table competitions have priority on grounds and times available.

## **WET WEATHER STEPS**

1. Club Officials inform GDSFA of ground closure
2. GDSFA update website
3. In consultation with Club Officials, GDSFA may arrange another ground, cancel and/or reschedule game
4. Club Officials inform Team managers of changes

# APPENDIX D

## Coaching Resources

### ROLE OF AN OSSF COACH

(Adapted from the Australian Government, Australian Sports Commission)

#### **What is expected of a volunteer coach?**

Coaches play an important role in the sporting life, but also the everyday life of the participants they coach. Coaches influence not only the development of sport-specific skills and sporting performance but also the participants' development as a person and their approach to other aspects of their life. While at times it can be challenging, coaching is also a very satisfying role.

To be an effective coach you will need a number of skills. A coach needs knowledge of the sport but more importantly they need to know how to pass that knowledge onto the participants they are coaching.

To do this a coach needs skills in:

- Organizing
- Observing
- Analyzing
- Adapting
- Communicating
- Improving performance

Coaches should:

- Be good role models for their participants
- Show enthusiasm and enjoyment for the task of coaching i.e. make it fun
- Be self confident, assertive, consistent, friendly, fair and competent
- Ensure the safety of all participants
- Behave ethically and dress appropriately
- Maintain discipline throughout the session
- Be very organized, not only for each session but for the entire season
- Be able to justify, if necessary, why things are being done or be "big enough" to ask for suggestions when not sure and to admit and apologize when they make a mistake
- Treat everyone fairly, and include participants of all abilities and disabilities, ages, genders and ethnic backgrounds

## **ROLE OF A COACH/PARENT HELPER**

(Adapted from the FFA OSSF HANDBOOK 2012)

- The major role of the Coach/Parent helper is to make the football experience of every player and their families in their team as enjoyable as possible
- The team Coach/Parent helper will provide the best environment for children to learn and enjoy the game through organizing fun game based practices
- Having good personal and organizational skills are most important for Coach/Parent helpers working with children in this age group to allow them to learn through playing the game with minimal instruction and a focus on player development
- Clubs should service their Coaches/Parent helpers, Game leader and volunteers through the Community Coach Education Pathway
- The **Grassroots Football Certificate** is a course of 3 hours duration and is aimed at giving Coaches and the basic requirement of coaching children in this age group. It also provides them with practical ideas for training sessions
- Coaches looking after children in U8-U11 age groups are encouraged to do a **Junior License** course. Clubs can contact their Association or Member Federation to organize a course at their club or find out when the next one is.

## **GAME DAY**

### **BEFORE THE GAME**

- Arrive at the field at least 30mins before the game is scheduled to begin
- Check that fields are set up
- Before the game begins do a short warm-up
  - This can be done by a starting with a small sided or position game
  - Put players in circle and they dribble the ball to a team mate and take his/her position
  - Put players in circle and they pass the ball to a team mate and take his/her position
- Meet opposing squad coach and manager and decide on Game Leader
- Ensure the team is kitted up ready and on the field ready for start of play

### **HALF-TIME PEP TALK**

- Ensure players have a drink
- Talk to them on the field away from the parents
- Always be POSITIVE
- Get the players settled and back on the field ready for the next half

### **END OF GAME**

- Shake hands, thank and congratulate the other team and officials. Ensure that all your team does the same. **No squeezing hands until they hurt or spitting on hands before shaking!**
- Ensure all players have a drink
- Congratulate each player on one positive thing they achieved during the game. Hand out "Player of the Match". Remind them of when and where next training is.
- Ensure that field is packed up if yours is the last game of the day
- Speak with Manager about match report. If there are any problems contact your Club Officials



## **PLANNING A SESSION**

Each Coach will develop their own way of planning a session.  
For a comprehensive range of skills and drills to assist you visit:  
**[www.smallsidedfootball.com.au](http://www.smallsidedfootball.com.au)**

## **PLAYER ASSESSMENT**

Assessing your players at the start, mid and end of season can help you to guide them individually in the areas they need most help. Assessing players also forms a good guide for you as coach. It can help you see if the coaching methods you are using suit the players you are coaching. Finally it can show you where the players have improved and assist you in keeping positive about their development.

One of the easiest ways to your players is to set up a circuit with a simple drill task at each station.

When setting up the task, break the skill down into its components and observe how many parts are successfully performed. For example, when dribbling, what part of the foot is used? Does the player use both feet to control the ball around cones or dominate with one foot? Does the play have control of the ball throughout the whole drill or does it get away from them? Does the player watch the ball constantly or are they watching where they are going, especially in the straight dribble?

When assessing, do not compare players with each other. Try to get a base skill level for each player at the start of the season. This will allow you to compare each players improvement throughout the season. Use the same skill tasks for each assessment, as well as game day observations. The final assessment of the season can then form a history of players' development.

Below is a simple assessment spreadsheet that may be useful.

NAME	TRAINING ATTENDANCE	GAME ATTENDANCE	KICKING	PASSING	DRIBBLING	GOALKEEPING (u8-u11)	PARTICIPATION	COMMENTS

- 1 = OUTSTANDING PERFORMANCE
- 2 = PERFORMS SKILL ACCURATELY MOST TIME
- 3 = PERFORMS SKILL ACCURATELY SOME TIME
- 4 = NEEDS ASSISTANCE ALL THE TIME

# **APPENDIX E**

## **Team Management Resources**

### **ROLE OF AN OSSF TEAM MANAGER**

The team Manager is the main point of contact between Club Officials and players. It is essential to pass on any information swiftly and accurately. Some jobs the manager may be asked to perform by their club during the season are listed below:

- Collect team/squad shirts and information at the beginning of season and return at the end of season
- Organize parent helpers into various rosters such as washing shirts, canteen duty, setting up or packing up the fields
- Collect team/squad folder before each game if necessary and communicate any relevant information to parents or Coach
- Write match report each week and circulate or forward to appropriate person
- Liaise closely with the Coach in regards to training, wet weather, player numbers and general running of the team
- Be the main point of contact to and from Club Officials for wet weather, general information and questions

### **SPORTS ADMINISTRATION COURSES**

The NSW Department of Sport and Recreation run a variety of Sports Administration Courses throughout the year. If you are interested contact your Club Officials to see if there are any available.

### **TEAM CONTACTS LIST AND ATTENDANCE FORMS**

As a Manager it is essential to have up-to-date records of how best to contact players at short notice. This could be via phone, SMS or email. It is also important to maintain accurate game attendance records. Below are some examples of forms that may assist you.

### **CONFIDENTIALITY**

Please remember that players' details are strictly confidential and should only be used for the purpose of club information. DO NOT pass on player details or post any player information on social media pages or the internet. In some cases this could put the child at risk.

## TEAM CONTACT LIST

	TEAM NAME	TRAINING	COACH	MANAGER	ASSIST COACH
		Day	Name	Name	Name
	CLUB CONTACT	Time	Mobile	Mobile	Mobile
		Venue	Email	Email	Email
	PLAYER SURNAME	PLAYER NAME	PARENT/ GUARDIAN	MOBILE	EMAIL
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

## TEAM PARTICIPATION SHEET

[illegible]