

## Miniroos Resource

### Warm up games

- **Simon says** - do simple skills eg: toe taps , dribbling
- **Red light green light** - coach will call out a colour light
  - Dribble fast on green light
  - Dribble slow on yellow light
  - Stop on red light progress to doing a trick
- **Stuck in the mud (flush the toilet )** - scarecrow tiggly with tagger holding the ball - goal keeping version (kids can crawl through the legs or high 5 the tagged player )
  - Progression - scarecrow tiggly with tagger dribbling the ball
- **Pass and move - first touch to break the lines and progress the ball to the nets**
  - Half players with a ball half without a ball. Players dribble and pass the ball to a player without a ball.
  - Progression - Ball tiggly - **first touch and passing**
  - Remove 2 balls and give a player a bib to be the tagger. The tagger tags the player without the ball at the feet and hands over the bib.
  - Progression 2 - the tagger tags a player with the ball
  - Progression 3 Dribble tag no bib ( gang up ) - **running with the ball to maintain possession**
    - Players have a ball each except the tagger. Once the tagger tags you, kick your ball out and join the tagger until there are multiple taggers and 1-2 players remain with their ball.
- **Cops and robbers- 1v1, running with the ball**
- **Catch the tail - running with the ball and teach how to jockey**
  - Place bib in pocket or waist of pants like a tail and players have 30 secs to steal as many tails without a ball.
  - Progression and a ball so players learn to control the ball
- **Empty and fill it - running with the ball and 1v1 and outrunning your opponent with the ball**
  - Players dribbling with the ball and when you yell 'empty' players leave the ball where it is and run out of the grid. Remove 2 balls. Yell out fill and players run to get a

remaining ball. Players without a ball 1v1 passively. Repeat until there is a winner or 2

### **Added bonus - Games with cones**

- **Gates 1v1 challenge - 1v1 defending and attacking**
  - Set up cones that resemble mini gates
  - Break the team into 2 smaller groups ie: red and blue team. Pair a red player with a blue player. If red goes first they must try to dribble through any gate while their blue partner tries to block the gates. Red players have 1 min to go through as many gates as they can. Swap over after 1 min and blue must beat their partners score.



- **through the gates - first touch and passing**
- **Rob the nest - running with the ball**

#### **4-7 yr old games practised on the course**

- **Empty and fill it - ages 4-7yrs - running with the ball**
  - Make a square in the middle of the pitch with 4 cones (different colour to pitch setup) and place all the balls in the square
  - Divide the players into 2 teams with bibs and place a cone on each side of the pitch (same colour as the bibs)
  - Players start out of the pitch at their colour cone
  - On your command yell out 'Fill' players will run in to the pitch to grab a ball and start dribbling
  - On your command yell out 'Empty' players will leave the ball in the square and race to their coloured cone
  - The first to exit the pitch gets a point
  - Repeat until first team to get 3 points
- **Sharks and fishes, octopus, crabs and fishes - Running with the ball and 1v1 - ages 4-7 yrs**
- **Numbers game 4-7 yrs**
  - Call out 2 numbers wait 30 secs call out another number
  - No one waits in line - every 30 seconds call out more numbers, eventually the whole team comes out or until the ball is kicked out.

#### **Teaching Games**

##### **Everything - positioning, 4 core skills, creating space, communication**

- **Numbers game (big game) :** place the ball in the centre of the pitch, call out 2 numbers; they are the strikers, the rest of the team are defenders, everyone comes onto the pitch. After 3 mins of play reset the game, but change order of numbers add progressions
  - Kick ins no throw ins first 3 mins of play
  - Now add throw ins no kick ins 3 mins of play
  - Add Corners and gk's
- **War ball - shooting practice :**
  - Place 2 balls on top of 2 cones and place in the goals or 3 or 4 balls on cones

- Play the game as per usual game day rules
- Knock one ball over - 3 goals
- Shoot the ball in the nets without knocking the ball off the cone - 1 goal



- **4 corners**

- Set up 4 corners with cones, 2 blue corners 2 red corners
  - Possession style game with a scoring method of receiving the ball in your nominated corners
  - Rules : you can't stay in the corner its a timed run
  - Once you score the goal the ball must be passed to the opposing team.
- Progression : replace the cones with 4 small goals
  - This version is working on creating space to switch







### **Alternatively as we discussed for a session :**

**Mini games** - break the team into smaller groups to play mini games with interventions or try mini world cup games without interventions but focus on the skill(s) you highlighted - 20 mins

- 3 group format naming the teams a, b and c
  - A v B
  - B v C
  - C v A
- 4 group format
  - A v C
  - B v D
  - A v B
  - C v D
  - A v D
  - B v C

**Game** - 20 mins, with game day rules - let them play and you ref.

- 4v4 format - U7
- 7v7 format - U8/9
- 9v9 format - U10/11/12/13

### **Ages 6-10**

- 2-3 warm up game 5 mins
- Then 4 teams for mini World Cup

**U8-U13 pick up to 2 core skills to focus on**

- 1-2 warm up games 10 mins
- Mini games about 20 mins focusing on the core skills selected
- Final game format 20 mins

### **Resources**

**Football for kids by Kelly Cross**

[https://belnorth.com/wp-content/uploads/2015/08/Grassroots\\_Certificate\\_Manual.pdf](https://belnorth.com/wp-content/uploads/2015/08/Grassroots_Certificate_Manual.pdf)

**Aldi MiniRoos booklet**

<https://www.playfootball.com.au/sites/play/files/2018-02/ALDI%20MiniRoos%20Activity%20Guide.pdf>

## **The National Curriculum**

[https://www.footballaustralia.com.au/sites/ffa/files/2017-09/FFA%20National%20Curriculum\\_1ma6qrmro1pyq10gzxo5rcn7ld.pdf](https://www.footballaustralia.com.au/sites/ffa/files/2017-09/FFA%20National%20Curriculum_1ma6qrmro1pyq10gzxo5rcn7ld.pdf)