



RYDE PANTHERS FOOTBALL CLUB



109A Kent Road
North Ryde NSW 2113
ABN: 29 393 593 384
www.rydepanthers.football

Children's Benefits

- Fun, football game-based sessions that build fundamental motor skills;
- Activities aim to improve confidence and self-esteem;
- Low participant-to-coach ratio resulting in greater individual engagement;
- Increased touches of the ball and more goal scoring opportunities;
- Make new friends and develop fundamental social skills;
- Develop values of team work, cooperation, fair play, and respect for others;
- Keep healthy by getting active;

Parent's Benefits

- MiniRoos offers time friendly sessions and locations;
- A nationally consistent program delivered
- Personal accident insurance provided;
- A chance to interact and spend time with your kids and other members of the community;
- MiniRoos is conveniently operated at thousands of local clubs across the country, meaning parents shouldn't have to travel too far to be part of the MiniRoos experience;
- Fun, safe, welcoming environment;
- Option to be part of the MiniRoos action with your son or daughter on the pitch.

Community Benefits

- Introducing children to fun and engaging sporting activities at an early age will influence their decision to have a lifelong involvement in Football;
- MiniRoos helps build strong, active local communities that work together to ensure the health of future generations;
- The local football club bringing you the MiniRoos experience is predominately operated by passionate, hard-working volunteers from your community. Volunteering for your community to support an activity your son or daughter is taking part in is truly a rewarding experience. Don't be shy to put your hand up and help out where possible!








Important Information for MINIROO Game Leaders:

Your role is to make the football experience fun for all of those involved in the team (i.e. families, players, referees etc) and help develop the players as much as possible, during games please only give positive support and minimal instruction. All instruction development based as we want player to enjoy the experience please do not focus on scores or winning but rather on playing, skills and fun. There are no competition tables.

In essence there are only a few rules in the game, just get the ball and try to score in the other team's goal.

Ideas of what the Game Leader of a team, who is dominating the other team, can do to technically develop their team and ensure the other team enjoys their game experience as well.

Remember it is the responsibility of all adults to help players on all teams enjoy the experience. Below are some hints which dominating team coaches can use. Encourage your team, or dominate individuals, in that team to:

-  Beat one player and then pass once past them
-  Dribble towards a player or group of players and then pass just before getting to them
-  Pass the ball back or to the other side of the field before they shoot at goal
-  Pass the ball with their non-dominant foot only
-  Dribble the ball with their non-dominant foot only
-  Shoot the ball with their non-dominant foot only
-  All the previous 3 together

NOTE: The main aim of this is to help both teams. Please use the above hints to achieve this aim.



What the referee (game leader) can do if one team is dominating another team

- ✓ If a player has scored 3 goals and their team is 3 goals ahead that player can only score another goal when one of their team mates has scored a goal

Warm Up Hints

Warm up should start with them practicing their on the ball skills together (which means they all need to bring a ball to the game), and then all players shoot at a target at the same time. If you have additional time you can then have them play pair games of possession (partners try to get the ball off each other) and when the coach calls "shoot" they shoot. You can then also play a possession game with 2 teams and one ball with the players passing the ball in the direction the team (or the coach) says they should. The main point being they are all participating (no lines).

NWSF League

Football will be played as follows –

UNDER 5 & 6

Games will be 4 v 4 non competitive on fields 30m x 20m with goals 2m x 1m. Clubs will be in zones (South, Central and North) with teams travelling to play within that area. Teams will be put into colour divisions and the general rules of play can be found on the NWSF website.

UNDER 7

Games will be non competitive 4 v 4 on fields 30m x 20m with goals 2m x 1m. Clubs will be in zones (South, Central and North) with teams travelling to play within that area. Teams will be put into colour divisions and the general rules of play can be found on the NWSF website.

UNDER 8

Games will be non competitive 7 v 7 (including goalie) on fields 35m x 50m with goals 1.5-2m x 5m. Teams will be put into colour divisions and the general rules of play can be found on the NWSF website.

UNDER 9

Games will be non competitive 7 x 7 (including goalie) on fields 35m x 50m with goals 1.5-2m x 5m. Teams will be put into divisions as nominated by clubs and the general rules of play can be found on the NWSF website. Non competitive

UNDER 10

Games will be 9 v 9 on fields 45m x 70m with goals 2m x 5m. Non competitive. Normal rules of football apply.

UNDER 11

Games will be 9 v 9 on fields 45m x 70m with goals 2m x 5m. Non competitive. Normal rules of football apply.





UNDER 12

Games will be 9 v 9 on field; Length 60m to 70m, Width 40m to 50m, goal size will be 4.5m to 5.0m wide and 1.8m to 2.0m high. The Penalty Area will be 5.0m deep and 12m wide and penalty kicks are taken 8m from the goal line. Competitive table.

UNDER 13 to ADULTS

Games will be 11 v 11 on full size fields. Normal rules of football will apply.

Basic Rules - 4-7 age group

-  Start of play & re-start after a goal – Pass 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 crossing the touch line – There is no throw in. A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into 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 crossing the goal line – There is no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.
-  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 subsequently touches another player before it enters the goal).

- ✎ There is no offside for the 5-11 age groups. Even though there isn't an offside rule as such coaches and parents should not encourage players to stand in blatant offside positions as this practice isn't in the spirit of the game and will have a negative impact on the football experience for everyone.

Why no goalkeepers in the 4-7 age group?

The role of the goalkeeper in football is uniquely specialised and typically players develop as goalkeepers at a later age. In the youngest age groups, keepers can be uninvolved in the game for long periods, which can be uninteresting and sometimes means they do not feel part of the team.

Basic Rules - Under 8-11 age group

- ✎ Start of play & re-start after a goal – Pass forward to a team mate from the middle of the half way 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 crossing the touch line – Throw in. Opponents must be at least 5m away from the ball until it is in play.
- ✎ Ball crossing the goal line after touching the defending team last – Corner kick. Opponents must be at least 5m away from the ball until it is in play.
- ✎ Ball crossing the goal line after touching the attacking team last – Goal kick from anywhere within the penalty area. Opponents remain at least 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
- ✎ Goalkeepers – 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. Opponents must be at least 5m outside the penalty area and cannot move inside the penalty area until the ball is in play.
- ✎ Under 8 & 9 – The ball is in play once it moves out of the penalty area.
- ✎ Under 10 & 11 –The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.
- ✎ Fouls and misconduct – Indirect free kicks are awarded for all acts of handball or fouls and misconduct with opponents at least 5m away from the ball. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m behind the penalty mark.
- ✎ There is no offside for the U5-U11 age groups. Even though there isn't an offside rule as such Coaches and Parents should not encourage Players to stand in blatant offside positions as this practice isn't in the spirit of the game and will have a negative impact on the football experience for everyone.