



Please turn your camera and microphone off!

Coaching Essentials

U6 to U12





Tonight...

- The recording & slides will be shared via the coach education group chat
 - We also use this to communicate upcoming coach education events
- If you have a question, put it in the Zoom chat

Join the WhatsApp group for direct updates!





Our mission

Connecting our community through football to achieve “football 365”

NWSF DNA

Smart / Skilful / Athletic / Relentless / Tribal

Environment

People

Game

Our football goal

High quality people and players who have the DNA qualities that enable them to play at their highest level in football and in life



A person with great DNA qualities...

Smart	People who understand the game and link this to the skills needed to perform
Skilful	People who have highly effective & adaptive skills and decision-making under pressure
Athletic	People who are consistently available and prepared for the various demands of football and life
Relentless	People who constantly strive to develop themselves and are resilient to challenges & setbacks
Tribal	People who are committed to their environments and the people within them

X-factors	<i>Players at the highest level typically not only develop all of these attributes, but can be distinguished or separated from their peers in one or more of these key words</i>
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nwsspiritfc Back then, John Iredale was a Spirit FC junior who began his @nwsfootball journey at @wphcfc_the_lions, and was also a keen participant in our long-running Academy and Holiday Clinic programs!

Now, he's just received a @soccerroos call up for the 2024 Asian Cup!

That's proudly local, on the national stage.

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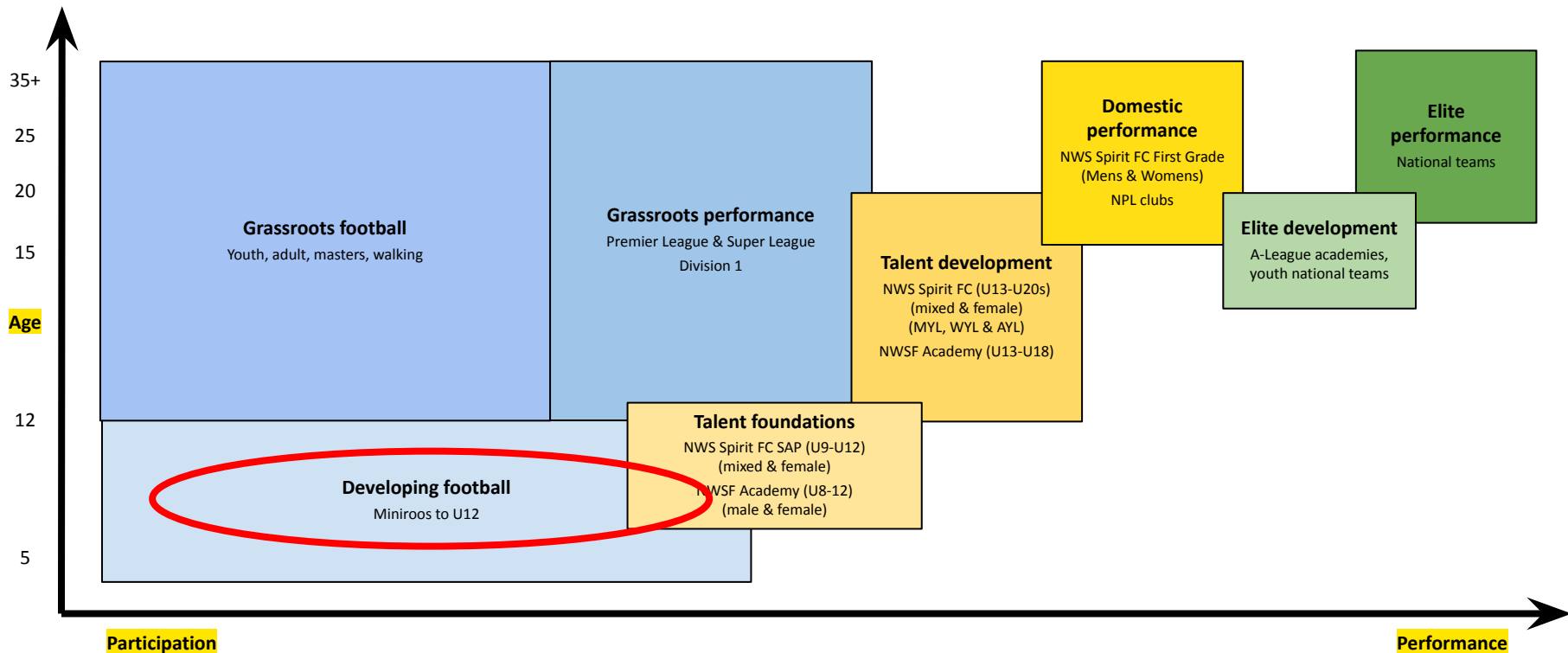


john_iredale Maybe someone's overtaken my record now, but I used to have the most holiday clinic appearances of all time! ❤️

1 w 5 likes Reply



Pathway





Great people



What is the role of the coach?





Training

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A photograph of a soccer field during dusk. On the left, a referee in a white shirt and black shorts walks towards the right, holding a water bottle. In the center, a young boy in a yellow soccer jersey with 'GICCA' and a logo on it is smiling and talking to a man in a black puffer jacket, who is also smiling. Another young player in a yellow jersey is partially visible on the right. The background shows a soccer goal and trees with some autumn-colored leaves.

Our role...

Make it engaging, and make it enjoyable



What is the number one measure of success for an U6 to U12s coach?





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NWSF DNA Miniros

U6-U7 (4v4) training program

Session 1 (Miniros / Play-Practice-Play)

Mantras: Run with the ball, move the ball quickly (remember the aim is for the players to have fun!)

Coach needs: 10 balls, 2 sets of 6 bibs, 30 cones, 2 goals (preferably 2m x 1m)

Play

Simple start

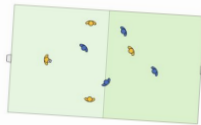
<https://nwsfdna.com/home/environment-2/skillful/training/simple-start-game/>

START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two small goals
- Play with normal rules

CHANGE IT

- Create a second game if larger numbers of players



Skilful practice

Raceway to score

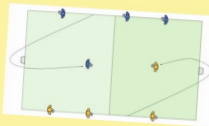
<https://nwsfdna.com/home/environment-2/skillful/training/raceway-to-score/>

START & ORGANISATION

- Create two teams, place them as shown in diagram (each with a ball) and give each player a number
- Coach calls a number, and the corresponding players run with the ball around the goal to their right, before running with it towards the other goal to shoot & score

SO CHANGE IT

- Call two numbers at a time. Players should not be waiting longer than 30 seconds to have another go.
- Encourage them to run with the ball closer to the goal before scoring



Athletic practice

Tagging game

<https://nwsfdna.com/home/environment-2/skillful/training/physical-literacy-games/tagging-game/>

START & ORGANISATION

- Each player has a ball. Split players into different bib colours as shown
- Coach calls out a colour. The player in this bib attempts to tag the other players (1 point for each tag)

CHANGE IT

- Call multiple colours
- Make yourself the tagger!



Play

Fun finish

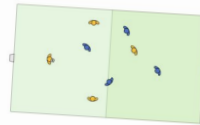
<https://nwsfdna.com/home/environment-2/skillful/training/fun-finish-game/>

START & ORGANISATION

- Go back to the same game in the Simple Start
- Play with normal rules

FOCUS

- Reinforce some of the mantras & skills from the session in the game
 - "Run with the ball"
 - "Move the ball quickly"



Head to nwsfdna.com to access training programs, videos and more!



SO CHANGE IT

S	Safety	The safety of all our players is the most important consideration. Both physically and psychologically
O	Observation	Positioning of coaches to see all players and the bigger picture during practices and games is key to development.
C	Coaching style	Change your coaching style, possibly by mixing up when & where you give feedback, or by changing the activity.
H	How you score/win	Change the scoring system so both teams can be competitive, or so that there are new challenges for players
A	Area	Change the size of the area by making it bigger or smaller, or changing the shape of it
N	Numbers	Change the number of players on each team, possibly by giving the attacking or defending team an overload
G	Game rules	Change the rules of the game to focus on your objective or theme, or to give players a new challenge
E	Equipment	Change the equipment used, such as making the goals bigger or smaller or by adding new ones
I	Inclusion	Change the practice or design so that all players are included and all players are engaged & developing
T	Time	Change the time left in the game, or the time to complete an objective, such as scoring a goal



Tips for managing U6 to U12s in training

- Players love football because of...
 - The ball
 - Scoring goals!
- Clearly define the playing areas for games & practices
- Avoid long lines & elimination games, by making it inclusive
- Embrace organised chaos, especially in games!
- The smaller the game, the higher the repetition
- Start quickly, then **SO CHANGE IT!**



Coaching behaviours

Find more tips at [nwsfdna.com!](https://nwsfdna.com)

Just as players have core actions they should aim to repeat in the game, so too should coaches have consistent behaviours to help them support learning and development, and manage the behaviour of players.

There are a wide variety of coaching behaviours that coaches are encouraged to adopt. Many of these are consistent regardless of the age, ability and experience of the players, as NWSF believes the primary role of the coach is to **facilitate positive environments and experiences.**

Watch the videos below to learn more about coaching behaviours you can develop. You can click on the titles to minimise each video once you have viewed it.

Preparing the session



Matchday



A photograph of a soccer field during dusk or dawn. In the foreground, a referee in a white shirt and black shorts stands on the left, looking towards a group of people. In the center, a young boy in a yellow soccer jersey with 'GICCA' and a logo on it is smiling and looking up at a man in a black puffer jacket who is also smiling. Another young player in a yellow jersey is partially visible on the right. In the background, a soccer goal is visible, and the scene is softly lit with warm, golden light from the setting or rising sun. The overall mood is positive and engaging.

Our role...

Make it engaging, and make it enjoyable



U6s and U7s game rules

- 4v4
- Mini goals are used
- Play 20 minute halves
 - 5 minute half-time
- Use a size 3 ball
- **Only one game leader on the field at a time**
- No offsides
- No throw-ins, corners or free-kicks
- Match results and competition tables are not published
- Where possible, play against nearby teams in Central, South and North Zones



U8s and U9s game rules

- 7v7
 - Approx 50x35m with 3x2m goals
- Play 20 minute halves
 - 5 minute half-time
- Use a size 3 ball
- No offsides
- Have keepers and a penalty area where keeper can handle the ball
 - Keepers must throw or pass from the ground within 6 seconds (cannot punt/drop kick)
 - Opponents 10m away on goal kicks
- Throw-ins, but can't score directly from them
 - Opponents are to be 5m away
- Corner kicks, and score directly from them
 - Opponents are to be 5m away
- Penalties can be awarded, and are from 8m out from goal
 - All others, besides the keeper, 5m behind the ball



U10s to U12s game rules

- 9v9
 - Approx 70x45m with 5x2m goals
 - Penalty area 20x10
- 25 minutes per half
 - 5 minute half time
- Use a Size 4 ball
- Goals can be scored from an offside position
 - Game leaders to direct players standing offside, to move onside
- Indirect free kick for all fouls, hand balls & misconduct
 - Opponents 5m back from the ball when this occurs



Common rules

- Players must wear shin pads
- Substitutes at any time at halfway, with player off first
- Engage manager/parents to assist with subs
- Consider rotating or sharing keeper role



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NWSF DNA Miniros

U6-U7 (4v4) training program

All this and more at [nwsfdna.com!](https://nwsfdna.com)

Week 2	Session 2 - Get into a line of pass
Week 3	Session 3 - Receive with inside of the foot
Week 4	Session 4 - Stop or delay forward progress
Week 5	Session 5 - Close the ball & space
Week 6	Session 6 - Be the poacher

12 Week Program	
Week 1 and 7	Session 1 - See player, see ball
Week 2 and 8	Session 2 - Get in line of pass
Week 3 and 9	Session 3 - Receive with inside of foot
Week 4 and 10	Session 4 - Stop or delay forward progress
Week 5 and 11	Session 5 - Close the ball & space
Week 6 and 12	Session 6 - Be the poacher

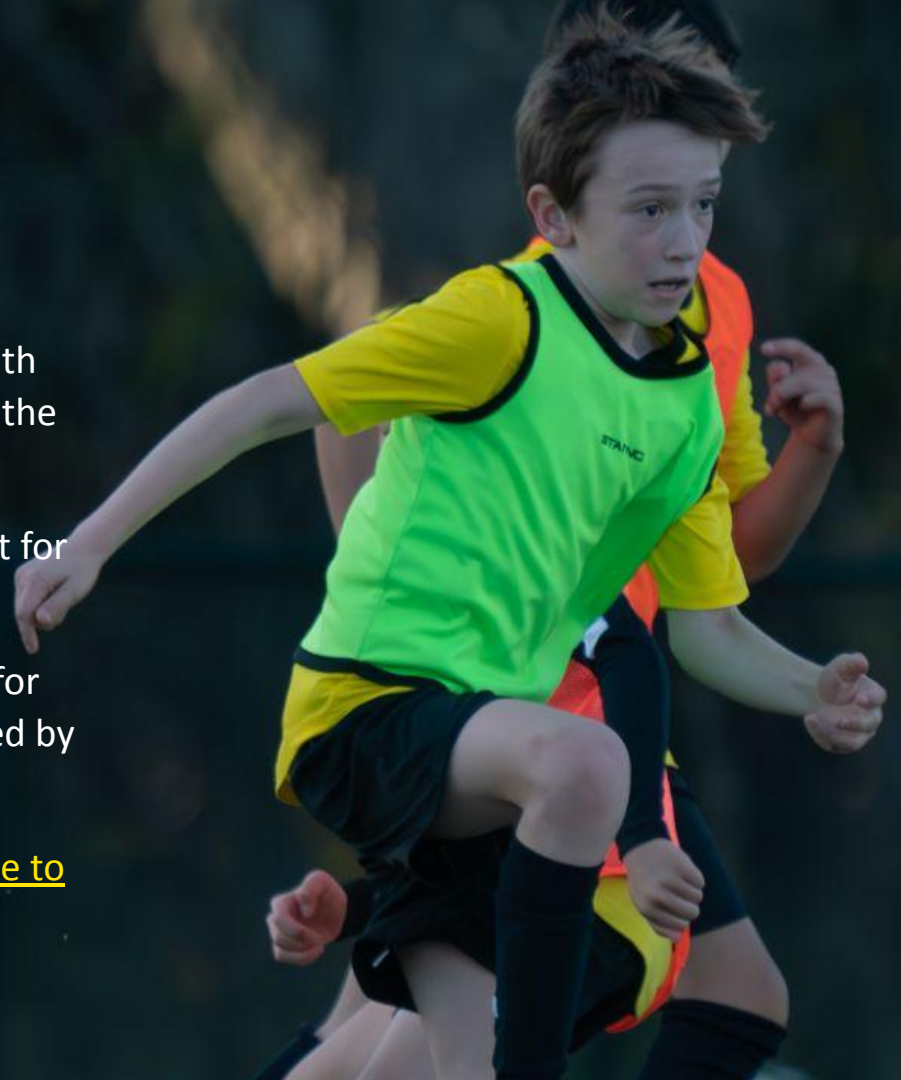
Academy

The renowned NWSF Academy continues in 2024, with scouting taking place in the opening three rounds of the season, leading into trials at the end of April.

The Academy program then runs from May to August for U8s to U18s, boys and girls.

It provides an additional training session each week for selected players from the NWSF association, delivered by NWS Spirit coaches.

Interested in coaching in Academy? [You can nominate to be a coaching apprentice in Academy](#) now!





Rubi Sullivan started in Academy at U10s



Current member of both our Mixed 15s and Womens First Grade squads!

NSW representative in both football and futsal





Why does NWSF have compulsory coach education?

- To increase the quality of our player's football environment
- To improve the development of our people and players
- To increase the enjoyment levels and longevity of coaches
- To engage & retain players in our Premier League and Super League competitions





What do you need to do?

The association clubs Directors of Coaching agreed to have all:

- U6s to U8s coaches qualified with a Minirooms Certificate
- U9s to U12s coaches qualified with a Foundations of Football
- U13 to U18 (Division 1 & 2) qualified with a Foundations of Football
- Super League and Premier League coaches qualified with a Foundations of Football or C Diploma

Find out more [by clicking here](#). Your club and DOC will also share this information.



Head to [nwsf.com.au](https://www.nwsf.com.au) to view the full coach education calendar





Questions?



Thank you!