



# Lindfield Football Club

## MiniRoos U6-U11

# Managers & Coaches Briefing 2024



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## Agenda:

**Health & Safety Guidelines**

**General**

**Manager's Duties**

**Match Day Coaching**

**Key Dates**



# Health & Safety

## LFC Health and Safety Guidelines

All Managers and Coaches should familiarise themselves with the [LFC Health and Safety Guidelines](#) (found under Club on the LFC website)

All teams, regardless of age and skill level, must adhere to the LFC Health and Safety Guidelines – failure to do so may see NSFA withdraw approval for our teams to train and/or play

- **All players MUST wear shinpads and football boots.**
- **Injury procedure & Insurance** - found on website under Player / [Player Wellbeing](#)
- **Concussion** - please watch this [special presentation](#) from Vicki Evans, a well known neuroscience speaker
- **Hot Weather & Lightning Policies**
- Covid19 - no official guidelines in place affecting football.  
LFC suggest packing a Kit Bag for your child including:
  - Hand Sanitiser
  - Individual Drink Bottle
  - Own snacks - limit shared refreshments eg halftime oranges although individually wrapped sweets for end of match might be suitable. **Team needs to agree approach.**

## Background

- The competition is administered by the Northern Suburbs Football Association (NSFA)
- There are 30 Clubs in NSFA, spanning Brooklyn to North Sydney
- Lindfield Football Club is one of the largest club in NSFA and NSW with circa 2000 members

## LFC Structure

- LFC is a community club that offers social football as well as a development pathway
- It is run by a volunteer committee
- Managers → Age Coordinators → Vice President
- Volunteers → LFC Committee
- Slide attached

## Terminology

NSFA uses

- **U = Mixed Boys & Girls** Saturday competition
- **G = Girls Only** Sunday competition

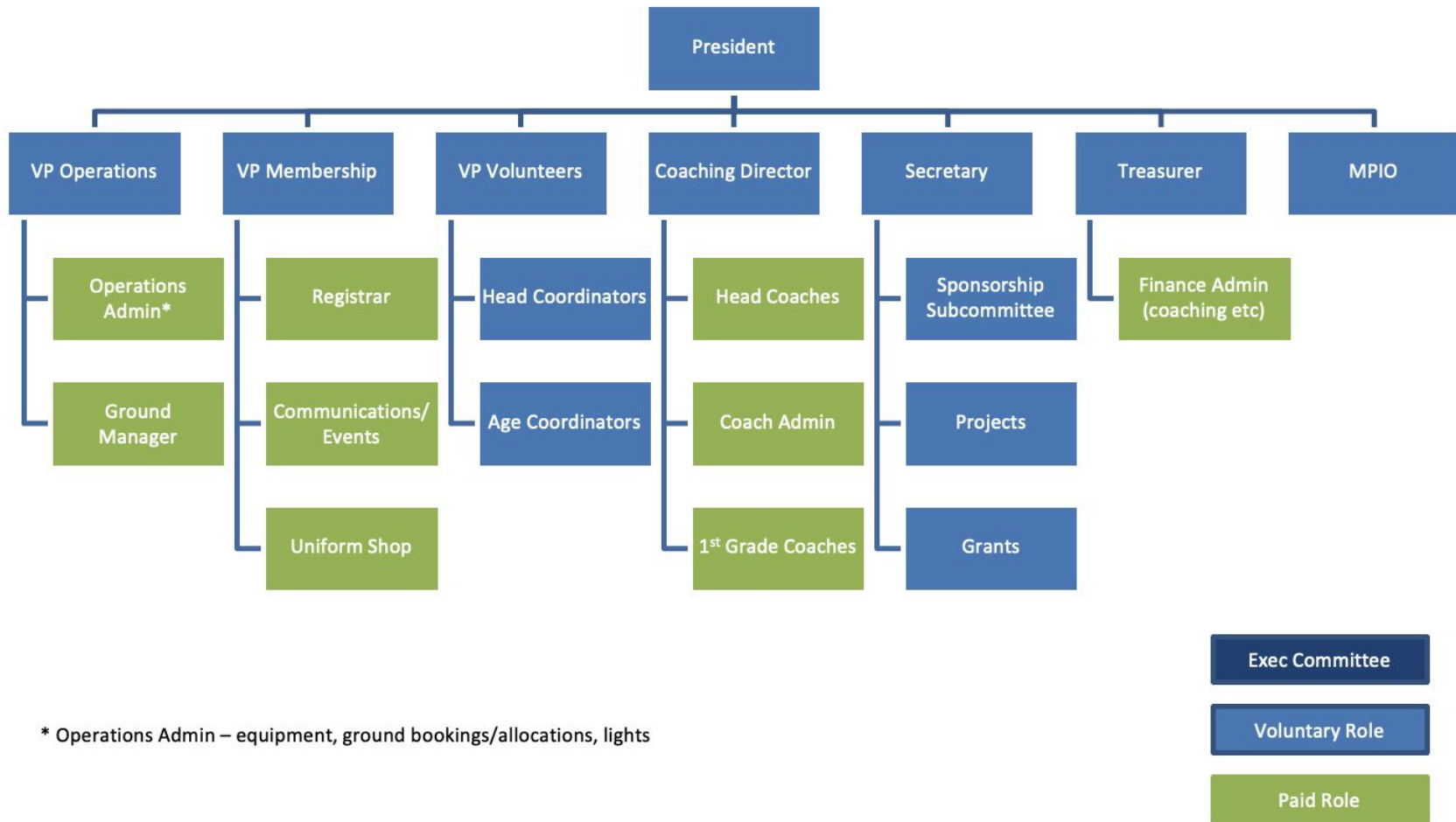
All references in this presentation to U6-U11 refer to both Mixed *and* Girls MiniRoos players unless otherwise specified.



### *THANK YOU TO ALL OUR AMAZING VOLUNTEERS*

As a community club, we cannot exist without you, our wonderful volunteers, you are the lifeblood of LFC!  
The pictured group are but a small sample of the 100's of volunteers who work tirelessly to get you on the pitch every week. So please take the time to thank them this week.

# LFC Operating Structure



\* Operations Admin – equipment, ground bookings/allocations, lights

# MiniRoos

## What is MiniRoos?

- All boys and girls aged U6 – U11 taking part in small sided games with modified field sizes and numbers of players
- MiniRoos the emphasis is on **playing for enjoyment**. There is *no competition*. *There are* no ladders or scores published.
- Progression through the age groups, increasing field size and player numbers, preparing them for full size field 11v11 football (U13)
- There are General Rules and age group specific rules for U6 & U7, U8 & U9, and for U10 & U11.
- Download the Rules and Guidelines from the [MiniRoos Parents page](#) and keep a copy of these in the kit bag or managers folder. They include playing formats and rules for Game Leaders (referees)

### Important Downloads



# Fixtures

Site for match fixtures and ground locations: <https://nsfa.dribl.com/>

- Results are used to review divisions every 5 weeks
- Regrading happens throughout the season to ensure teams are playing others of similar ability
- Quick Links can be found on LFC website Homepage, MiniRoos page and Managers & Coaches drop down menu



# Parent Roles: [Detailed information](#) [Miniroos Team Roles](#)

## Game Leader (referee)

- [Role](#) is to facilitate the game on the weekend, ensuring all players stay true to the rules of the game and everyone is included and enjoying themselves

## Team Manager

- Role is to ensure everyone on the team knows when and where training and the game is taking place
- This year we will need one registered parent at each game. This may require two to three Assistant Managers to also be registered.
- [Game Day Duties](#)

## Game Day 'Coach'

- [Role](#) is to get the players warmed up and organised. Also to rotate players to ensure everyone gets a turn in all positions over the weeks, and equal time on the pitch.
- The aim is to develop the skills and confidence of all players. Here are some [simple tips](#) and a great guide of how to provide the best help to the kids on game day from Luke Harris, our Head of Coach Development

## Training and Match Day Courses

- Lindfield FC run Age Group Super Skills Sessions as a training option for teams
- Aldi [MiniRoos Certificate courses](#) run during pre-season
- Game Day Leaders Workshop also run pre-season by LFC. Useful to have a few parents from each team attend.



# Manager's Duties

21<sup>st</sup> March 2019

CLASSIFICATION: PUBLIC





# What is the role of a Team Manager?

Your role as Team Manager is to **ensure the successful management of the team and welfare of the players** in your care, making sure that all off field matters are dealt with efficiently and timely to ensure an enjoyable season for all involved.

A detailed explanation can be found at the bottom of the MiniRoos Parents Page: [Manager Role and Responsibilities](#)

You are also there to provide **support to the coach** when it might be needed (eg. monitoring parent, spectator and player behaviour and liaising with them where need be).

**Managers are LFC representatives**, so the club relies upon you to follow the [Code of Conduct](#) and *assist members with understanding LFC policy and perspective.*

## **Responsibilities**

- Liaise with all team members, parents, coaches and officials to ensure all are informed of training, competition and club functions.
- Advise the Age Coordinator if your team needs to forfeit a game.
- Attend to administration matters as requested by the Age Coordinator/Age Director.
- Liaise with the players, coaches and act as a liaison officer between the club and the team.
- Coordinate pick up and return of equipment as appropriate at the start / end of the season.
- Confirm player availability and work with other managers & the Age Coordinator to recruit temporary players from other teams as required when the team may be short.
- Coordinate any social events for the team and parents, including participation in club sponsored events

# Manager's Duties – Pre-season

## Coaching & Training

- Team Managers should request [SuperSkills Training](#) via Team Grader for their team.
  - Players then individually sign in and pay
- Social teams with their own coach can request a [Training Ground](#). Normal time is 4pm-5pm. Grounds are limited and not guaranteed
- SAP and Development teams will have coaches and grounds allocated by the Club.

## Kitbag - collect tonight

- Kitbags must be signed out and returned at the end of the season on the *specified collection day*.
- Please return kitbags in the condition you received them :-)
- Managers must bring their kitbag to gameday - it is not needed for SuperSkills training
- G6/G7 will not have kitbags unless requested.



## Player Shirts

- **MiniRoos do not require Shirt numbers - but if they do have them, it's no problem.**
- Shirts sized 12C (2XS) up, do have numbers in preparation for entering U12 competition ages.
- **SAP/JDL teams: No longer require shirt numbers, unless attending Kanga.**
- Shirt numbers must be unique to each player - no duplicates within team.
- If two players have same number, last player to team has to change.

# Manager's Duties – Player Shortages

## Player Shortages

- Development teams may borrow players from any team (except SAP teams)
- Social teams borrow only from other non-development, social teams
- Only players from the same age group or a lower age group (no more than two years younger)
- Age coordinators can give you other managers details to request players.

## Forfeits

- Only forfeit as a last resort
- Forfeits require 48 hours notice or a club fine will be issued which we will pass on to team
- [Forfeit procedure](#) details are on the website
- Inform LFC admin ASAP if forfeit is required

## On Game Day

- Introduce yourself to opposing manager,
- Agree results at the end of the match.
- Record/submit the game results by Sunday night at latest





# Manager's Resources

## MiniRoos Manager's Handbook

+ Manager's Requirements

+ Manager Duties

+ Kitbags

+ Uniforms

+ Special Requirements

+ Training: SuperSkills or Own Team Coach?

+ Fixtures: Where is my team playing?

+ Wet Weather: Will the game be on if it is raining?

+ Borrowing Players: How to Handle Player Shortages & Forfeits

+ General Rules

+ MiniRoos Playing Formats, Field Layouts and Rules

+ Information for Parents

+ Can our team enter Kanga Cup?

The [LFC Website](#) is full of information, Quick Links and Resources to help you understand and carry out your role.

However, if ever any questions please always feel free to ask your Age Coordinator for guidance.

## Quick Links

**Managers  
Login**

**SuperSkills  
Sign Up**

**Code of  
Conduct**

**Fixtures**

**TIPS for All  
Parents**

**How to Support  
your Child**

# Manager's Duties – DRIBL

## DRIBL: Player and Team Management System

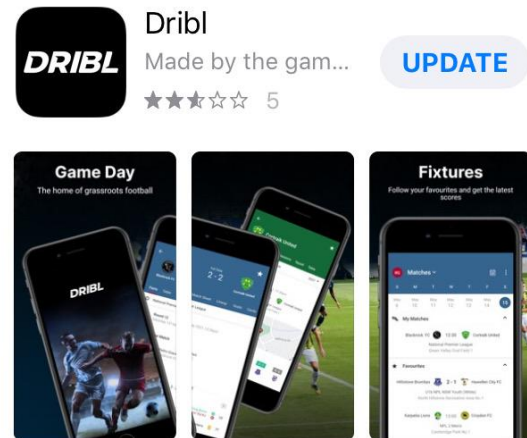
- Dribl is the system NSFA use for Player, Fixture and Team Management.
- It was first deployed in 2022, so while there are still some nuances, its pretty good once you get used to it.

### Dribl is an App.

- Download the Dribl App available for all smart devices.
- Can also be accessed online - website shortcut is Manager Login. But built as an interactive App for on the go.

### Self Activation is required.

- You must be **registered as a Manager in Play Football**.
- Then, your Age Coordinator needs to map (attach) you to your team as a Manager.
- You then need to *Self Activate* your login.

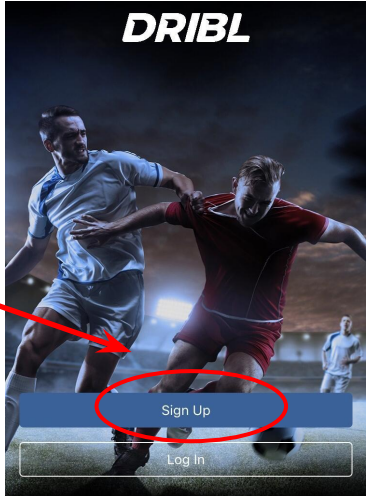


## Download the Dribl app on the Apple App Store or the Google Play Store

- Apple App Store: <https://apps.apple.com/au/app/dribl/id1555038633>
- Google Play Store: <https://play.google.com/store/apps/details?id=com.dribl.app>

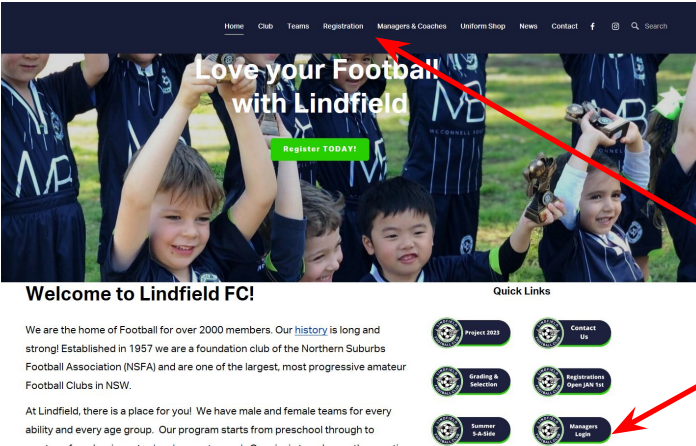
# DRIBL – Create your Account

- **Open the Dribl App**
- You will be taken to this Sign Up screen



**ONE VERY IMPORTANT TIP:** active users (parents, players, coaches, managers) **MUST SIGN UP** using the **SAME Email** address they used to register in Play Football.

Most setup\login issues are caused by multiple email addresses for same person



To get started it is preferable to use the App - the following instructions are all for the App, however you can also access via the Dribl website/desktop.

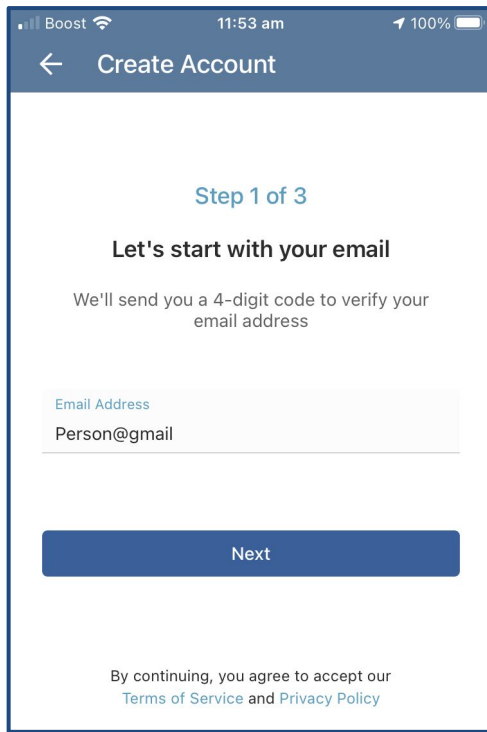
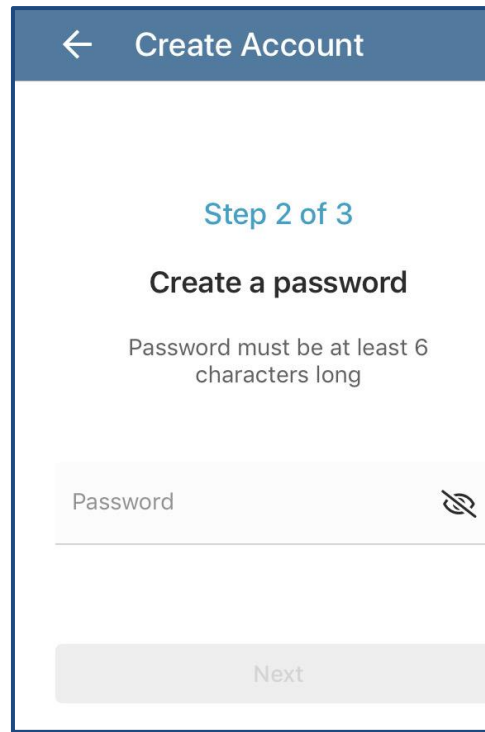
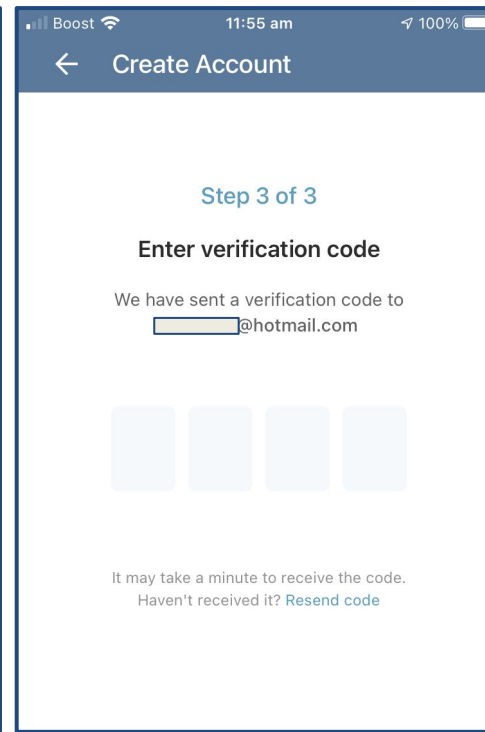
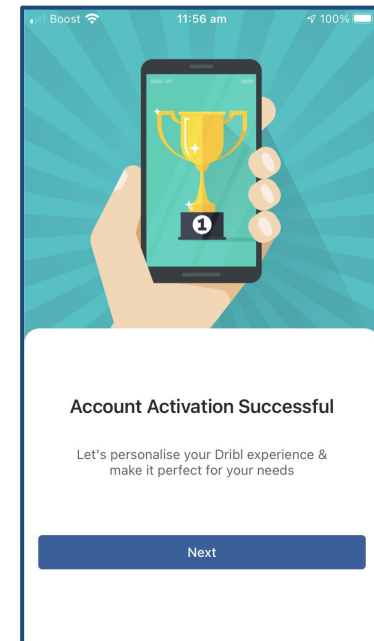
LOGIN from the **Home page** of the LFC website, click the Managers Login tab or use the DRIBL Login from the **LINKS tab**



# DRIBL: Account Activation

## 4 Simple Steps:

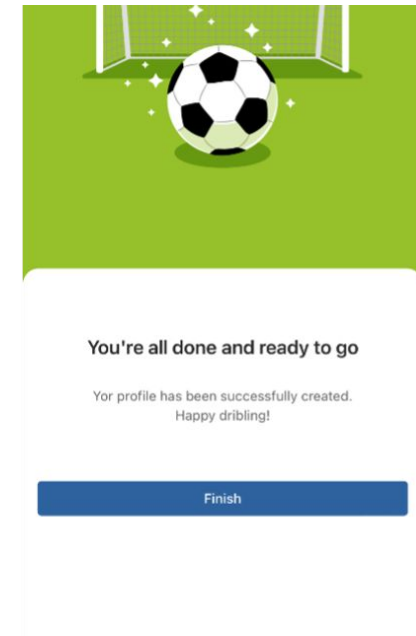
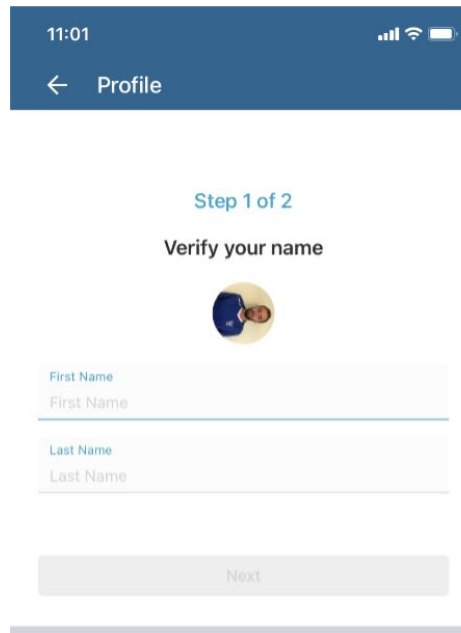
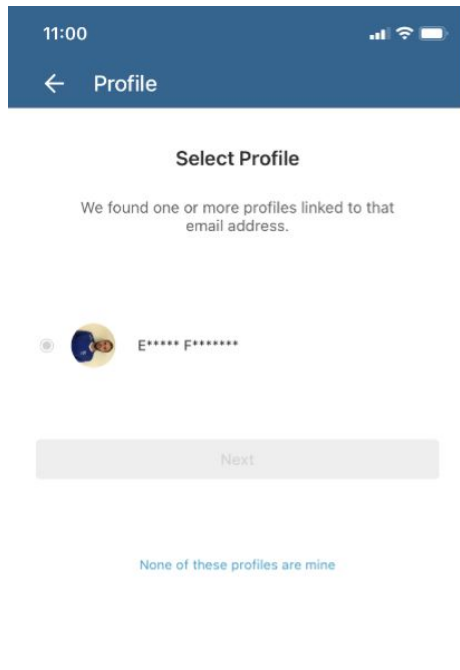
1. Enter your Play Football account email address
2. Create a Password - min 6 characters
3. Enter 4 digit Verification Code sent to email
4. Upon sign in, select **'Allow'** notifications to receive updates for fixture changes (eg wet weather)

This screenshot shows the first step of account creation. The title is 'Step 1 of 3' and the main heading is 'Let's start with your email'. Below this, it says 'We'll send you a 4-digit code to verify your email address'. There is a text input field for 'Email Address' containing 'Person@gmail'. A blue 'Next' button is at the bottom. At the very bottom, there is a link: 'By continuing, you agree to accept our Terms of Service and Privacy Policy'.This screenshot shows the second step of account creation. The title is 'Step 2 of 3' and the main heading is 'Create a password'. Below this, it says 'Password must be at least 6 characters long'. There is a text input field for 'Password' with a strength indicator icon on the right. A greyed-out 'Next' button is at the bottom.This screenshot shows the third step of account creation. The title is 'Step 3 of 3' and the main heading is 'Enter verification code'. Below this, it says 'We have sent a verification code to' followed by a masked email address '@hotmail.com'. There are four empty boxes for entering the code. Below the boxes, it says 'It may take a minute to receive the code. Haven't received it? Resend code'.

# DRIBL: Account Activation

## Personalising your Dribl experience

- Select 'Profile'. *There might be more than 1 profile if there is more than 1 member linked to your email address.*
- Verify your name
- Verify DOB
- Finish!

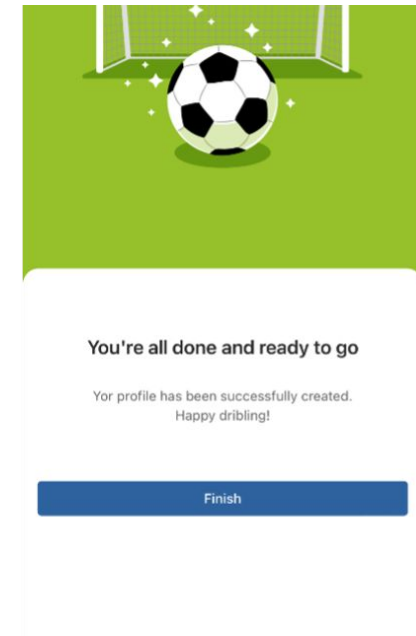
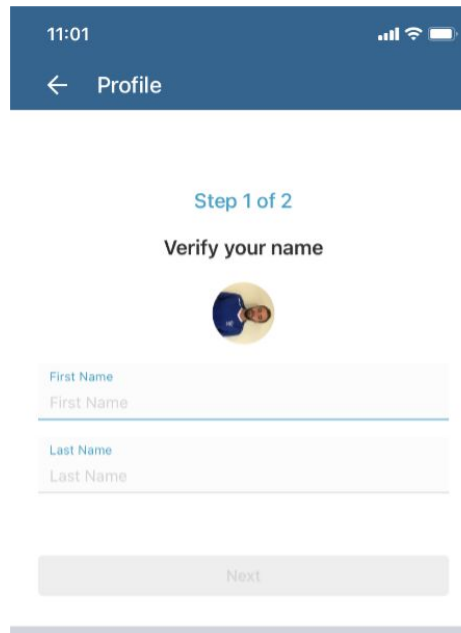
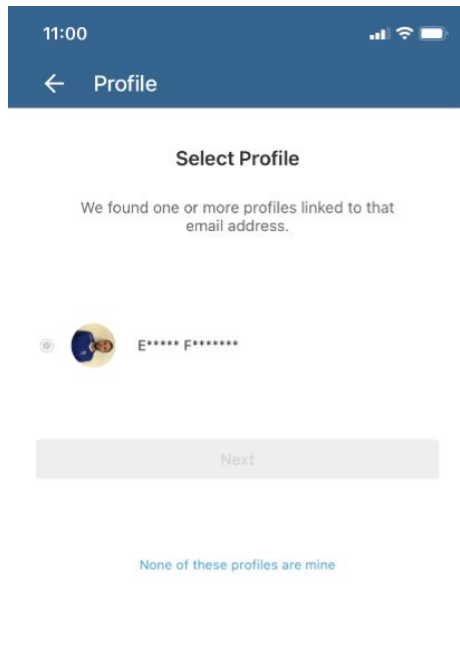




# DRIBL: Account Activation

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- Finish!





# DRIBL: Homescreen

To get here use the calendar

Click on the **Teams** to find additional upcoming matches and to add '+' your teams you wish to follow.

This manager has been attached to U13B  
Click on the match to start the matchsheet process

Matches

S	M	T	W	T	F	S
Mar 27	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1	2

My matches

Lindfield FC Junior Mixed Under 13 Division 2 Mixed B 9:40 North Turrumurra FC Junior Mixed Under 13 Division 2 Mixed A

Junior Mixed Under 13 Division 2 Mixed Wellington Sportsground Field 1

Favourites

Home Following Notifications Profile

Following

My Hub Teams Leagues

Lindfield FC Junior Mixed Under 13 Division 2 Mixed B

Lindfield FC

Winter 2022 MA TR RT

Winter 2022 CA VO

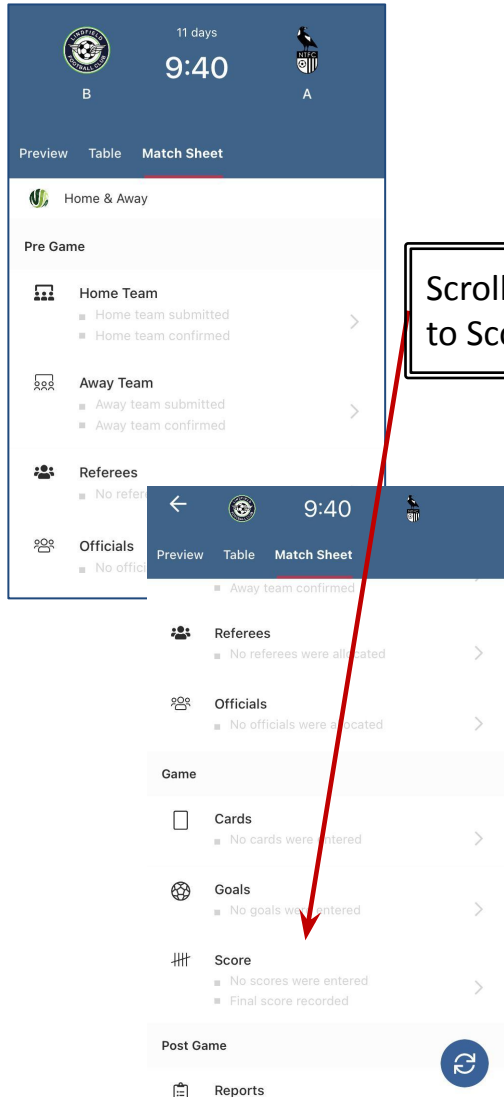
You can **Follow** (Star symbol) your teams including eg A League. They will show under **Favourites**.

**Following Other Teams**

1. Select 'Northern Suburbs Football, Assoc'
2. Select Lindfield FC
3. Select team (Tip – use the search)
4. Followed teams will now appear in **Following**
5. To unfollow, click on the team, unmark the star.

**My Hub just has teams you are attached to.**

# DRIBL: Scoring & Help Desk



Scroll down to Score

## Recording Scores [video](#)

- Log in to Dribl
- Navigate to the match you wish to administer eg April 2nd using the calendar, or, use the Following/Teams to find the match.
- Go to the game Match sheet and scroll down to choose Score option from the Game section
- Enter full time score (no need for halftime)
- Submit
- Best to do on the day - but if not, please ensure done by SUNDAY night at the latest

### [DRIBL HELP DESK](#)

To check system status on match day if connectivity problems, plus links to various help guides

Let us help you right now!

[Submit a request](#)

[EMAIL SUPPORT](#)

Email the support desk if you have eg trouble logging in, merging accounts if you signed up twice etc

# Manager's Duties – Wet Weather



- Ground closures are published on the [NSFA website](#)
- LFC Wet Weather information and policies can be found via the green strip at top of website pages: <https://lindfieldfc.com.au/weather-policies>
- Ground status is usually updated by 3pm weekdays and by 5pm on Friday for the weekend, but often updated during the weekend when it is wet.
- Don't assume that if your ground is closed that your game is cancelled – the match location may be changed – check your [fixture details](#) in Dribl before leaving home

# Uniforms and Special Requirements

## Uniforms

- Teams are required to wear the new LFC McGrath Blue Shirt and Lindfield Shorts and Socks
- Shinpads & boots are mandatory
- Purchase via our [online store](#) and pickup from Uniform Shop, downstairs in the clubhouse - entrance via carpark.
- Shop OPEN hours are on website - usually open Friday evenings during most of the season.
- White shirts (SAP & Dev Teams) or bibs (in kitbag for social teams) may also be needed when the opposition is playing in a similar dark blue or there are 2 LFC teams in the same division. Tip: If there is a kit clash – Typically LFC vs LFC – One team can turn the shirts inside out.
- Supporter gear is also available: beanies, caps (can't be worn during game except goalies), puffer jackets, tracksuits, hoodies, raincoats, scarves, hair scrunchies

## Special Requirements

- Spectacles must be 'safety glass'
- Hearing Aides - OK
- Asthma 'Puffers' to be kept at sideline
- No Jewellery including fitbits
- No plaster casts
- No hard rim caps for keepers



# Manager's Duties – Getting Help!



- Your **Age Coordinator** - *anything (to do with football)*
- [LFC Website](#) - *just about everything you need to know about being a manager, Quick Links, club events.*  
Keep an eye on the Noticeboard on the Home Page and on our socials for the latest news
- [MiniRoos Parent's Page](#) - *this is a **must read** and encourage your fellow team member parents to as well!*
- **NSFA Website** - *wet weather, the draw, regulations & forms*
- **Apps for Managers** – *there are some good apps to help with communicating with the team and checking player availability (eg. Insta Team, TeamApp, Teamer, TeamStuff)*
- **WhatsApp** - *Team and manager groups are critical*

# Manager's Duties – End of Season



- **Return Kitbag on the date requested please!!**
- **End of Year celebration September 8th tbc** - *a great way to end the season with inflatables, BBQ, player medal presentations, ice cream truck*
- **Other awards/trophies** - *teams wishing to order additional trophies will be able to. They are optional and paid for by teams.*
- **Assist on player reports** - *These are all online and we encourage player reports from all teams as it assists with grading the following year*



# Match Day

21<sup>st</sup> March 2019

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# Rules to Review / Interchange

## Rules to review

- Goalkeepers kicks, throws and required distances (see MiniRoos age specific rules).
- Throw ins
- Offside (not penalized but discouraged by ref and coach)

## Interchange

- Each team will have sufficient substitutes to interchange during the match. The game need not stop to make these substitutions.
- The player to be substituted must have left the field of play before the new player can enter.

## Rules

- No adults allowed on field (except game day leader - ref)
- No one allowed to stand directly behind goals
- Game Day Leader (Ref) has the final decision in all matters

## Code of Conduct

- Maintain LFC [Code of Conduct](#) for players, parents, spectators and coaches

## Game Day

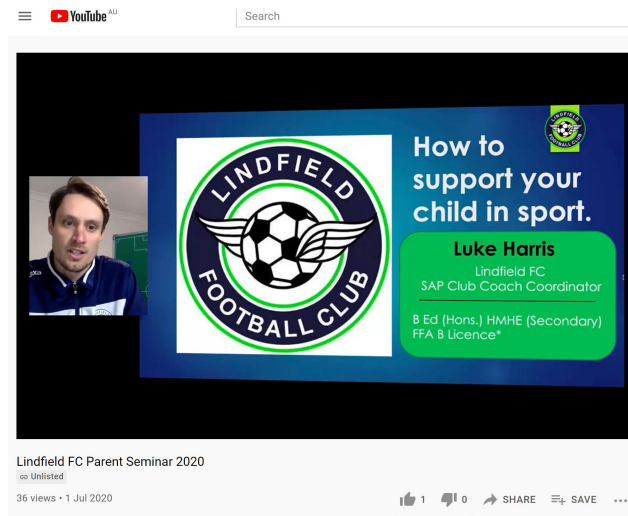


- Game Day Leader – organise and warm up players
- No Churchillian Speeches !!
- Fun and Encouragement
- Know the rules, game duration, ball size etc.
- Interchange - fair rotation of subs (through the season to achieve equal game time)
- Role Model Respect
- If you have a Club Coach during the week – work with the coach to re-inforce training focus areas on game day

# Language to Avoid!

- **“Kick it, Just get rid of it. Boot it. Big kick. Hit it long!”** It is not thought-provoking language. It doesn’t encourage passing or dribbling or being creative.
- **“Man on! Mark up. Everyone on a player”.** Don’t worry about defending. Position your players in their shape.
- Avoid telling players what to do. Players need to have the confidence to make their own decisions and think for themselves. You will produce more creative, intelligent footballers.

★ Luke Harris; Club Coach Coordinator: parent seminar <https://www.youtube.com/watch?v=uxvDEToab0M>



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# Coach's Duties - [Handbook on the website](#)

- Team training and/or match day coaching
- Stand opposite side to spectators with subs
- Player interchange
- Liaison with parents (coaching help)
- Conduct (players)
- NFSA and LFC position is that all players must play in all positions throughout the year, including goalkeeper.
- The result is not important. You are not coaching to win. The purpose of match day is for the players to execute what they practiced at training. They need to enjoy themselves and focus on playing good football!
- **3 Week Rotation Option**
  - ❖ Players Stay in Attack for three straight weeks
  - ❖ Players Stay in Defence for three straight weeks
  - ❖ Goalies change each week, one half in Goals other half in field
- **Weekly Rotation Option**
  - ❖ Players play one half in Attack
  - ❖ Players play the other half in Defence
  - ❖ Goalies change each week, one half in Goals other half in field

Go to the [Volunteer Coaches](#) page for more information and links to some amazing resources.

# Question Time / Open Forum

Thank you and we hope you (& your team) enjoy the season

**REMINDER: check the [LFC calendar](#) regularly and keep up-to-date via the [Website Homepage](#) NOTICE BOARD!**

- First game: 6th/7<sup>th</sup> April
- Last game: 24/25<sup>th</sup> August

**Don't forget to collect your team kitbag!**

Meet and Greet Age Coordinators and other Managers  
Ensure your AC has connected your Age Group managers via WhatsApp

Please send any pictures of your team throughout the season to [comms@lindfieldfc.com.au](mailto:comms@lindfieldfc.com.au) for use on the website and social media. Please get approval from your team first. No names are ever used.

# Appendix

# U6 and U7



- Teams of 10 – 12 playing two games at the same time.
- Play is 4 v 4.
- No goalkeepers. Discourage standing on goal line.
- No penalty area.
- Duration 2 x 20 minutes halves
- Minimum 5 min half time break
- Ball size 3
- All matches played on Saturday mornings at Minirooms Centres
- Details [here](#)

# U8 and U9



- Play is 7 v 7 (including goalkeeper)
- Position Formation is 1-3-3
- Duration 2 x 20 min halves
- Ball size 3
- All mixed matches on Saturday mornings, all girls matches on Sunday mornings
- Details [here](#)

# U10 and U11

- Play is 9 v 9 (including goalkeeper)
  - Position Formation 1-3-2-3
  - Duration 2 x 25 min halves
  - Ball size 4
  - All mixed matches on Saturday mornings, all girls matches on Sunday mornings
  - Details [here](#)