



COACHES INFORMATION PACK



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What is ALDI MiniRoos?

ALDI MiniRoos is available in two forms:

1. ALDI MiniRoos Kick-Off, which is an introduction to football for boys and girls aged 4-9.
2. ALDI MiniRoos Club Football, which is a team-based version of football played during the winter season for boys and girls aged 5-11.

ALDI MiniRoos is designed to ensure every child has the best opportunity to succeed in the sport while having fun and learning new skills. The information which you require for ALDI MiniRoos Kick-Off and ALDI MiniRoos Club Football is detailed in this information pack.

ALDI MINIROOS KICK-OFF	ALDI MINIROOS CLUB FOOTBALL
<p>ALDI MiniRoos Kick-Off programs have been developed in line with the game-sense philosophy of sport participation. This approach to sport delivery emphasises a move away from traditional coach dominated sessions to those that are player-centred, and use game-like situations rather than technical drills.</p> <p>This type of environment teaches the fundamentals of a sport in a fun, engaging, and inclusive environment that focuses on enjoyment rather than results. It should be no surprise to parents that the more fun their child has, the more likely they are to continue playing. This is the overarching tenet that guides ALDI MiniRoos Kick-Off.</p>	<p>ALDI MiniRoos Club Football uses small sided games (4v4, 7v7 & 9v9) rather than the traditional 11v11 format to cater to 4-11 year olds. The smaller fields, modified rules and fewer players mean a more enjoyable game with more opportunities to touch the ball and more opportunities to score goals, once again increasing the likelihood of an overall positive experience.</p> <p>As your child progresses through the various age groups they will be introduced to playing environments that most suite their stage of development and prepare them for the transition to 11v11 football when the time comes.</p>



Defining the Roles

Please note – Although these roles require differing levels of engagement in grassroots football, they are all similar in their approach and may be undertaken by the one individual should they wish.

Roles and Responsibilities

ROLE	RESPONSIBILITY
ALDI MINIROOS KICK-OFF	
ALDI MINIROOS PROGRAM MANAGER	<p>The ALDI MiniRoos Kick-Off Program Manager is responsible for the overall management and operation of the program, including:</p> <ul style="list-style-type: none"> • Complete the Site Application Form; • Source and organise facility; • Source and organise appropriately qualified program leaders; • Attend ALDI MiniRoos Briefing Session prior to the commencement of the program; • Ensure FFA training requirements have been completed; • Confirm program details using the Program Management System; • Promote the program locally and through existing networks; • Manage the operational aspects of the program, including ordering equipment, program set-up, facility management, and program delivery; and • Work with the Member Federation to manage all program enquiries.
ALDI MINIROOS PROGRAM LEADER	<p>The Program Leader is employed to deliver the ALDI MiniRoos Kick-Off sessions. It is their responsibility to:</p> <ul style="list-style-type: none"> • Plan, prepare, deliver, and review each and every session; • Keep the games moving fluently, limiting stoppages and encouraging all players; • Create an environment that ensures all players have fun and have maximum involvement; and <p>Be flexible, patient and positive.</p>
ALDI MINIROOS CLUB FOOTBALL	
ALDI MINIROOS COORDINATOR	<p>The coordination and administration of the ALDI MiniRoos Kick-Off program. This person will be the primary contact for that site's activities.</p> <p>The program coordinator is primarily responsible for ensuring ALDI MiniRoos is delivered to a high standard and ensuring parents of players understand the philosophy behind ALDI MiniRoos.</p> <p>Responsibilities include:</p> <ul style="list-style-type: none"> • Assist coaches with the set-up of playing areas; • Ensure pitches are set-up, safe and fit to play on; • Ensure that participants are supervised at all times; • Ensure that all game leaders are identifiable, have a whistle and are competent; and • Arrange the packing up of all equipment after the sessions are completed.
ALDI MINIROOS COACH	<p>Facilitation of training sessions and organisation of game day player involvement.</p> <p>Responsibilities include:</p> <ul style="list-style-type: none"> • Plan, prepare, deliver and review training sessions throughout the ALDI MiniRoos season; • Ensure all training sessions meet the needs of all participants; • Ensure all participants are given equal opportunity to play; • Manage game-day player rotations; • Consistently emphasise enjoyment and involvement rather than winning and competition; and • Manage parent's expectations and promote supportive and positive behaviours.

How to get involved

ALDI MiniRoos Club Football

ALDI MiniRoos Coach

FFA has developed a number of courses to assist with the delivery of football at the grassroots. You don't have to be a football expert to coach ALDI MiniRoos.

Unfortunately many boys and girls miss out on sporting programs due to a lack of volunteer coaches. You have the power to change this and we have the tools to help you put smiles on many little faces. The Grassroots Coaching Course is the ideal introduction to coaching a ALDI MiniRoos team. This is a **FREE** course for coaches training 5-9 year olds.

The 3 hour course is practical and encourages the coaches to develop practices based on **FUN**. The emphasis is on natural development i.e. learning by **PLAYING** football. Less coaching, but more organising **FUN** football exercises is the key to helping players build a love for the game.

Grassroots courses are conveniently located at many local football clubs across the country. Please visit www.ffacoachingresource.com.au to find your local course list.

ALDI MiniRoos Game Leader

Game Leaders can be parents, teenagers, club members or anyone interested in getting involved in grassroots football. All you need is a positive attitude and a desire to help children enjoy the game of football.

If you would like to become ALDI MiniRoos Game Leader please contact your local Club Football Coordinator.

ALDI MiniRoos Kick-Off

ALDI MiniRoos Kick-Off Program Leader

ALDI MiniRoos Kick-Off will, in many cases, be the first exposure a child has to structured football. The role of the Program Leader will be a critical factor in a child's decision to continue to play football or not. For this reason, the course will cover all the content of the FFA Grassroots Course and much more, including: practical applications for creating a positive environment, dealing with parents, engaging all participants and identifying required game modifications.

ALDI MiniRoos Kick-Off Program Leaders need to be able to create a fun, engaging, and safe environment for all participants. They need to be enthusiastic, energetic and well presented at all times to represent the best interests of the local club and football community. The ideal candidates should be those that:

- Have experience with and/or are great at communicating with kids;
- Can follow a session plan and think on their feet; and
- Are reliable and well organised.

Program Leaders may be parents, players from the local club, university students, community members, or club coaches. If they meet the criteria, they should be afforded the opportunity.

If you are interested in becoming an ALDI MiniRoos Kick-Off Program Leader please visit our website www.miniroos.com.au for more information or click the link here to register your Expression of Interest.



Traditional Coaches VS Game Facilitators

In the past it has been acceptable for coaches to push children to train harder and run faster all in the name of winning. However research suggests that children are more inclined to develop new skills in a fun and supportive environment. This philosophy is demonstrated in ALDI MiniRoos through the introduction of Program and Game Leaders.

	TRADITIONAL COACHING	PROGRAM AND/OR GAME LEADER
WHAT MIGHT A WARM-UP LOOK LIKE?	<ul style="list-style-type: none"> • Laps of the oval • Fitness drills • Lack of interest from participants • Winners and losers 	<ul style="list-style-type: none"> • Fun game • High involvement and activity • Defined area, rules, equipment, scoring etc
HOW WOULD THE SKILLS OF THE GAME BE TAUGHT?	<ul style="list-style-type: none"> • Skills broken down into technical components <i>“Head over the ball, non-striking foot planted next to the ball, toes facing out” etc</i> • Players repeat skills in isolation Passing drill • Often grouped into long lines with one player practicing at a time 	<ul style="list-style-type: none"> • Players engage in a game-based activity that requires a particular skill to achieve an objective <i>“The objective of this game is to pass the ball to your team mates without letting the other team intercept it. 3 passes scores a point”</i> • Players learn how to apply the skill to the best of their ability Players will use different passing techniques to achieve their goal • Everyone is involved
WHAT WOULD THE CHILD LEARN?	<ul style="list-style-type: none"> • The technical components of a skill One or two skills in an unrealistic environment • Whether or not they are good at performing a particular skill <i>“I’m not very good at passing the ball accurately”</i> 	<ul style="list-style-type: none"> • How to apply a number of skills, decision-making, special awareness, communication skills etc The game environment presents players with a range of learning opportunities in addition to the desired skill. • Game relevant ques <i>“Passing the ball quickly helps make sure the defender couldn’t intercept it.”</i>
WHAT WOULD THE CHILD HEAR?	<ul style="list-style-type: none"> • Constant instructions from the coach <i>“Run there, pass here, move there...”</i> • Silence from the players They have no ownership over the game. The coach is playing the game for the kids 	<ul style="list-style-type: none"> • Encouragement from the facilitator <i>“Good effort, great pass, high five!...”</i> • Laughter from the players They are in charge of the game Kids are allowed to learn by doing
WHAT WOULD THE CHILD REMEMBER?	<ul style="list-style-type: none"> • One or two of the technical points regarding a specific skill <i>“I think when you pass the ball you have to...”</i> 	<ul style="list-style-type: none"> • How much fun they had playing games <i>“We played the passing game, and the dribbling game, and I helped my team scored 3 points....”</i>
WHICH SESSION WILL THE PLAYERS WANT TO DO AGAIN?	<i>Not this one...</i>	YES. DEFINITELY THIS ONE.

Support and Resources

Each state football federation has a dedicated ALDI MiniRoos Development Officer and a team of experienced staff who can help you with the management and delivery of your ALDI MiniRoos programs. Their contact details can be found on page 8.

Tips for protecting children

Any individuals engaging in work associated with ALDI MiniRoos programs are required to carry the appropriate Child Protection clearance for that state or territory.

There are actions that can be undertaken to ensure children feel safe and protected when participating in sport. These good practices include the following:

- Use positive reinforcement and acceptable language when talking about or to a child;
- Develop a calm and non-confrontational behaviour management style;
- Make any physical contact with children and adults in a way that makes them feel comfortable, for example, shaking hands and a congratulatory pat on the back. If a Program Leader must make physical contact with participants as part of an activity, then they should explain the activity and what they will do, and ask for the participant's permission;
- Avoid situations where an adult may be alone with a child, for example, dressing rooms or first aid rooms;
- When children need to be transported, ensure there is more than one child (and, if possible, more than one adult) in the vehicle;
- Manage allegations (disclosures) of child abuse through established processes and reporting lines to ensure there is due process and natural justice;
- Document all incidents involving physical restraint of children or violence involving children;
- Document all incidents that seem to be unusual or 'out of the ordinary'; and
- Program Leader should help children to learn to be a 'good sport', through role modelling appropriate behaviour and recognise that children have a right to feel safe, and know what they can do if they do not feel safe (if they are abused, harassed or discriminated against).



About ALDI

Nothing will stop kids from playing football, despite the obstacles – dinnertime, bad weather, neighbourhood dogs or fading light. Kids are full of passion, energy and ingenuity – they will always find a way to keep playing.

We love that passion at ALDI, which is why we're thrilled to be partnering with the MiniRoos.

For over 15 years, Australian families have trusted ALDI to feed kids and fill their lunch boxes. Our fruit and vegetables are delivered fresh in-store every day and we're proud to be the first and only major supermarket with no artificial colours storewide.

Kids have an incredible hunger to play football. We want to match it by joining with your local club to provide the balls, the kits, the goals and the maybe even the halftime snacks to fuel their fire. Together we can keep them playing, and who knows; maybe we'll find a future Soccerroo or Matilda along the way.

For more about ALDI, please visit www.aldi.com.au

STATE FOOTBALL ALDI MINIROOS DEVELOPMENT OFFICERS CONTACTS

MEMBER FEDERATIONS	CONTACT	EMAIL	PHONE
Football Federation Victoria	Jorge Gero	jgero@footballfedvic.com.au	03 9474 1848
Football Queensland	Sarah Willington	sarahw@footballqueensland.com.au	07 3208 2677
Northern NSW Football	Pete Haynes	community@northernnswfootball.com.au	02 4941 7200
Football West	Christopher Adams	christopher.adams@footballwest.com.au	0412 103 125
Football Northern Territory	Allana Neeve	minirooms@footballnt.com.au	08 8928 1006
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Football NSW	Ed Ferguson	Edwardf@footballnsw.com.au	02 8814 4443
Football Federation South Australia	Jake Brindley	Jake.Brindley@ffsa.com.au	08 340 3188





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