



MINIROOS PLAY FOOTBALL HUB



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WHAT ARE MINIROOS PLAY FOOTBALL HUBS?



MiniRoos Play Football Hubs are designed for girls and boys aged between 4 – 11 years and aims to engage the next generation of Australian footballing heroes by keeping active in a safe and inclusive environment.



As part of the FIFA Womens World Cup Australia and New Zealand 2023™ celebrations, host a MiniRoos Play Football Hub at your local club while the CommBank Matildas take on the world!



MiniRoos Play Football Hubs can be flexible and can run at a time that suits your club!



MiniRoos Play Football Hubs have the potential to serve as a significant community event for your club. Parents may be invited to participate as spectators or as volunteer helpers.



This resource is intended to support clubs in running an effective MiniRoos Play Football Hub, including the organisation and delivery elements including capturing registrations, session plans and additional resources!



ROLES AND RESPONSIBILITIES

Role	Who	Responsibility
Administrator	Local club member, parent, coach, volunteer	• Connect with Football Australia to create a registration link on Play Football for players to register for the MiniRoos Play Football Hub (see contact list on page 21) • Source and organize facility • Source and organize session date and time • Promote the program locally using the promotional poster on page 18 • Manage the operational aspects of the session, including equipment checks, facility management, session set up.
Coach	Parent, coach, local club members	• Plan, prepare, deliver, and review the sessions; • Keep the games and activities moving fluently, limiting stoppages and encouraging all players to have a go • Create an environment that ensures all players have fun and have maximum involvement • Be flexible, patient and positive. "I'm still ambitious but you can easily be over-ambitious as a coach and you want to do everything at the same time: 'we need to cover this, we need to cover that, we need to prepare the team. Then you just overwhelm the players with these thousands of words, different drills and different tactics and all of a sudden you realise you've shot over the goal because you didn't simplify it." Tony Gustavsson, CommBank Matildas Coach 

ROLES AND RESPONSIBILITIES



Role	Who	Responsibility
Football Australia	Football Australia employees including state specific MiniRoos Program Officers	The role of Football Australia is to provide administrative support to deliver the MiniRoos Play Football Hub. Football Australia will: • Provide resources to assist in the delivery of the program • Provide administration support and guidance • Provide assistance in setting up the registration link for participants to register • Promotion on our social media channel when using the @miniroos tag
Member Federation	Member Federation Community	The role of the State Member Federation is to provide a place for players to continue their football journey • Each Member Federation offers a variety of programs tailored to different ages and skill levels, ensuring everyone can participate. • These programs are also designed to be flexible, making them a perfect option for those with busy schedules or for those who simply want to give the sport a try. • To discover more and take the first step towards getting involved, simply find your local Member Federation by following the link



CHECKLIST



TO DO	TIPS AND RESOURCES
BEFORE MINIROOS PLAY FOOTBALL HUB	
Confirm details	☐ Determine suitable venue (club field or alternate venue) ☐ Determine suitable date and time for the MiniRoos Play Football Hub ☐ Invite participants aged between 4 – 11 to register
Equipment	☐ Ensure you have appropriate equipment for the session
Capture registrations	☐ Please contact Football Australia if you require assistance in setting up a registration link via PlayFootball (see contact list on page 21)
Prepare session plan	☐ Use the games/activities in this resource to assist in planning the session
THE DAY OF THE MINIROOS PLAY FOOTBALL HUB	
Equipment	☐ Print registration list ☐ Arrive early to set up equipment ☐ Footballs ☐ Bibs ☐ Pop-Up goals ☐ Cones
Deliver session	☐ Greet every participant with a smile and acknowledgement ☐ Create a culture where you communicate with parents in a positive way ☐ Create an environment that encourages children to freely express themselves ☐ Praise effort, not ability ☐ Encourage children to improve and be creative with the ball at their feet
Wrap up	☐ Encourage participants to support you in packing up the equipment ☐ Farewell each child with a positive comment about their efforts and attitude
AFTER THE MINIROOS PLAY FOOTBALL HUB	
Connect with participants	☐ Contact participants and thank them for attending the MiniRoos Play Football Hub ☐ Provide information for players to continue their football journey

CHANGE IT



The acronym CHANGE IT highlights some of the elements of a game that can be changed to make it easier or harder, to include and challenge all players. The CHANGE IT elements are outlined in the table below.

C	COACHING STYLE Provide feedback in the drinks break or change of activities without interrupting the game. Use players as the role models.
H	HOW YOU SCORE/WIN Increase opportunities to score and provide an incentive for both attackers and defenders to increase competitiveness.
A	AREA Increase or decrease the game challenges by changing the size/shape of the playing area.
N	NUMBERS Use different team numbers to help achieve your session objectives, such as; overload the advantage to one team.
G	GAME RULES Change the rules slightly, for example, if a different player scores the next goal for a team it is worth 3 goals.
E	EQUIPMENT Vary the equipment, for example, bigger goals, smaller goals, or more goals.
I	INCLUSION Engage players in modifying the practices; provide opportunities for all players to experience FUN and success.
T	TIME Reduce or extend the time to perform actions, for example, get a shot at goal within 10 seconds.

NOTE: Only CHANGE IT when it needs changing...

If players are enjoying and engaging with the game, let them play!

SESSION IDEAS

ROB THE NEST

- Form 4 equal groups; positioning 1 group on each corner of the field and a pile of footballs in the centre
- One player at a time from each group will run out, collect a ball and score in their corner goal
- Once scored, the next player will run out to collect another ball and score. Play till there are no more balls
- The group with the most goals at the end wins

CHANGE IT

Players can steal balls from other teams' goal once all the balls in the middle are gone

YOUR ROLE

Get involved! Praise and encourage desired actions

Equipment	• Footballs, Bibs, Cones, Goals
Coach Tips	• Match players of similar ability, this creates a fun and challenging environment. • Instruct the players to react quickly and keep the ball close to your feet.
Progression	• Make the pitch bigger or smaller. • Score 1 point for every goal but lose 1 point every time a goal is conceded
Coach Communication	• "Can you take lots of small touches – keep the ball close to you" • "Can us use all parts of your foot including inside, outside and sole of the foot" • "Amazing work, keep going"
Incorporating heroes	• Attack like Caitlin Foord • Run with the ball like Katrina Gorry • Team names – Foord, Kerr, Fowler, Cooney-Cross



SESSION IDEAS

KNOCK IT OFF

- Split players into two teams and have three footballs placed on cones at each end as shown below
- Teams attempt to knock the footballs off the cones of the opponents' line with a pass
- The team who knocks off all three footballs first, wins the game and then repeat the sequence

CHANGE IT

Increase or decrease the size of the field

YOUR ROLE

Praise and encourage desired actions without stopping the game (e.g. running with the ball at speed)

Equipment	• Footballs, Bibs, Cones
Coach Tips	• Match players to abilities in teams, this creates success for all players and creates a fun and challenging environment.
Progression	• Increase the size of the field • Pass the ball to your teammates three times before attempting to knock a football off the cone
Coach Communication	• "Can you watch the ball onto your foot, stay balanced" • "Can you strike through the ball to get power" • "Amazing work, keep going"
Incorporating heroes	• Pass the ball like Hayley Raso • Strike the ball like Sam Kerr



SESSION IDEAS

RUN WITH IT

- Attackers (positioned on wide cones) will run with the ball and attempt to score in goal opposite them to receive 1 point for their team
- Defenders (positioned on middle cones) will run and attempt to stop attacker from scoring. If they win the ball, they can score in goal attacker ran from to receive 2 points for their team
- Players rotate roles in clockwise-direction around area

CHANGE IT

Delay start of the defender

YOUR ROLE

Praise and encourage desired actions without stopping the game (e.g. running with the ball at speed).

Equipment	• Footballs, Bibs, Cones, Goals
Coach Tips	• Ensure pitch is big enough to allow success for players
Progression	• Add a scoring zone, players must be in the zone to score • Add second attacker and second defender (2v2)
Coach Communication	• "Can you see space you can run into with the ball" • "Can you get to the goal as quick as possible" • "Amazing work, keep going"
Incorporating heroes	• Can you defend like Clare Polkinghorne? • Attacking team is named Australia • Defending team is named New Zealand



SESSION IDEAS

MINI WORLD CUP

- Set up two areas 15m x 12.5m and place mini goals at either end as shown
- Split players into four teams with two on each field
- Teams will face off against each other and try to score as many times as possible into mini goals

CHANGE IT

Rotate teams every 3 minutes to face off against a different team

YOUR ROLE

Praise and encourage desired actions (e.g. running with the ball at speed & scoring a goal)

Equipment	• Footballs, Bibs, Cones, Goals
Coach Tips	• Match players based on ability • Positive encouragement
Progression	• Make the pitch bigger or smaller • Add a time limit onto play (you have 1 minute left of play)
Coach Communication	• "Can you shut down the player with the ball?" • "Can you slow down the player with the Ball"? • "Amazing work, keep going"
Incorporating heroes	• Can you defend like Clare Hunt? • Can you attack like Hayley Raso? • Name teams after participating countries in the FIFA Womens World Cup Australia and New Zealand™



SESSION IDEAS

SMALL SIDED GAME

- Set up an area 15m x 25m and place one mini-goal on each line as shown
- Normal small sided game
- 1 point for a goal

CHANGE IT

Create one or two games depending on size of group

YOUR ROLE

Encourage all players to get on the ball. Praise desired actions without stopping the game (e.g. scoring a goal, running with the ball)

Equipment	• Footballs, Bibs, Cones, Goals
Coach Tips	• Let the players play
Progression	• A goal is worth 3 points if a different player scores the next goal for their team • Provide players a time limit to score to earn bonus points (e.g. if you score in the next 30 seconds, you get 2 points)
Coach Communication	• "Amazing work, keep going"
Incorporating heroes	• Name teams after participating countries in the FIFA Womens World Cup Australia and New Zealand™



INCORPORATING THE FIFA WOMENS WORLD CUP™ INTO YOUR SESSIONS

NAME TEAMS AFTER THE COUNTRIES WHO QUALIFIED FOR THE FIFA WOMENS WORLD CUP™

Make it fun, allow players to select their team name. This will allow the players to showcase diversity and inclusion and will open discussion points with other students around culture and values.

FIFA WOMEN'S WORLD CUP AU NZ 2023				GROUPS			
GROUP A		GROUP B		GROUP C		GROUP D	
	NEW ZEALAND		AUSTRALIA		SPAIN		ENGLAND
	NORWAY		REPUBLIC OF IRELAND		COSTA RICA		HAITI
	PHILIPPINES		NIGERIA		ZAMBIA		DENMARK
	SWITZERLAND		CANADA		JAPAN		CHINA PR
GROUP E		GROUP F		GROUP G		GROUP H	
	USA		FRANCE		SWEDEN		GERMANY
	VIETNAM		JAMAICA		SOUTH AFRICA		MOROCCO
	NETHERLANDS		BRAZIL		ITALY		COLOMBIA
	PORTUGAL		PANAMA		ARGENTINA		KOREA REPUBLIC

Encourage players to research participating countries.

[Find more information here!](#)



INCORPORATING THE FIFA WOMENS WORLD CUP™ INTO YOUR SESSIONS

NAME PITCHES AFTER FIFA WOMEN'S WORLD CUP AUSTRALIA AND NEW ZEALAND™ HOST CITIES:



Encourage players to research participating countries.

[Find more information here!](#)



INCORPORATING THE FIFA WOMENS WORLD CUP™ INTO YOUR SESSIONS

NAME A SKILL AFTER A PLAYER

- Can you run with the ball like Ellie Carpenter?
- Can you score a goal like Sam Kerr?
- Can you defend like Clare Polkinghorne?
- Do you have skills like Katrina Gorry?

ENCOURAGE PLAYERS TO RESEARCH THE PLAYER PROFILES OF THE COMMBANK MATILDAS



D.O.B. 25/2/94

Born Gold Coast

Height 181cm

[VIEW PROFILE](#)



D.O.B. 28/4/00

Born Sydney

Height 164cm

[VIEW PROFILE](#)



D.O.B. 1/2/89

Born

Height 171cm

[VIEW PROFILE](#)



D.O.B. 13/8/92

Born

Height 154cm

[VIEW PROFILE](#)

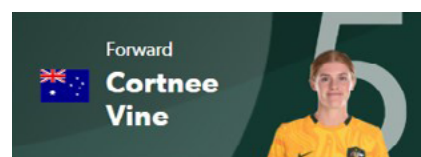


D.O.B. 10/9/93

Born

Height 168cm

[VIEW PROFILE](#)



D.O.B. 9/4/98

Born Shepparton

Height 167cm

[VIEW PROFILE](#)

SOCIAL MEDIA GUIDE



FACEBOOK

[MiniRoos](#)
[Football Australia](#)
[CommBank Matildas](#)
[Subway Socceroots](#)
[Pararoos](#)
[CommBank ParaMatildas](#)



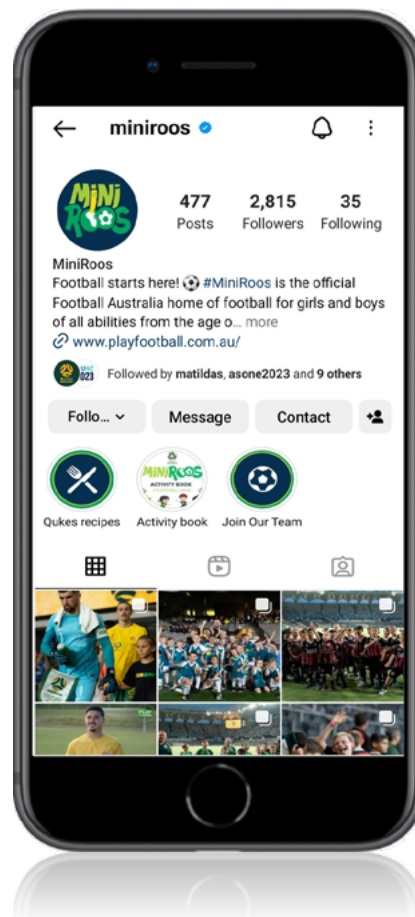
INSTAGRAM

[MiniRoos](#)
[Football Australia](#)
[CommBank Matildas](#)
[Subway Socceroots](#)
[CommBank Pararoos](#)
[CommBank ParaMatildas](#)



WEB

[Football Australia Schools](#)
[Play Football](#)
[FIFA Womens World Cup Australia and New Zealand™](#)
[Game Changer - Club Development Program](#)



UPLOADING CONTENT TO SOCIAL MEDIA

Image Size Guide	Facebook	Instagram
Profile photo	170 x 170	320 x 320
Landscape	1200 x 630	1080 x 566
Portrait	630 x 1200	1080 x 1350
Square	1200 x 1200	1080 x 1080
Stories	1080 x 1920	1080 x 1920

It is important to promote events happening at your club, remember to tag @miniroosaus and @footballaustralia so we can re share your post!

SUGGESTED CAPTIONS

1. We are running a @miniroos Play Football Hub during the FIFA Women's World Cup™
2. Play alongside the CommBank Matildas at a @miniroos Play Football Hub during the FIFA Women's World Cup™

ADDITIONAL RESOURCES



COMMBANK MATILDAS POSTERS!

- Support the CommBank Matildas by downloading and printing the team poster!
- [Download the CommBank Matildas poster](#)



MINIROOS KICK OFF SESSION GUIDE

- This resource provides coaches and parent volunteers with information and activities to run fun sessions for children aged between 4 – 11 years.
- [Download the MiniRoos Kick-Off Session Guide here](#)



COMMBANK MATILDAS PRODUCTS

- Hosting a FIFA Womens World Cup 2023™ watch party at your club? Purchase party packs, balloons, banners, bunting and international flags!
- [Visit the online store](#)



MINIROOS SKILL CHALLENGES

- Continue practicing your skills at home while the CommBank Matildas take on the world!
- [Access the MiniRoos Skill Challenges here](#)



MATCH SCHEDULE

FIFA Women's World Cup Australia & New Zealand 2023™

Group Matches

THURSDAY
20 July

FRIDAY
21 July

SATURDAY
22 July

SUNDAY
23 July

MONDAY
24 July

THURSDAY
25 July

FRIDAY
26 July

SATURDAY
27 July

SUNDAY
28 July

MONDAY
29 July

TUESDAY
30 July

WEDNESDAY
31 July

THURSDAY
1 August

FRIDAY
2 August

SATURDAY
3 August

SUNDAY
4 August

MONDAY
5 August

TUESDAY
6 August

WEDNESDAY
7 August

THURSDAY
8 August

FRIDAY
9 August

SATURDAY
10 August

SUNDAY
11 August

MONDAY
12 August

TUESDAY
13 August

WEDNESDAY
14 August

THURSDAY
15 August

FRIDAY
16 August

SATURDAY
17 August

SUNDAY
18 August

MONDAY
19 August

TUESDAY
20 August

WEDNESDAY
21 August

THURSDAY
22 August

FRIDAY
23 August

SATURDAY
24 August

SUNDAY
25 August

Round of Sixteen

THURSDAY
26 August

FRIDAY
27 August

SATURDAY
28 August

SUNDAY
29 August

MONDAY
30 August

TUESDAY
31 August

WEDNESDAY
1 September

THURSDAY
2 September

FRIDAY
3 September

SATURDAY
4 September

SUNDAY
5 September

MONDAY
6 September

TUESDAY
7 September

WEDNESDAY
8 September

THURSDAY
9 September

FRIDAY
10 September

SATURDAY
11 September

SUNDAY
12 September

MONDAY
13 September

TUESDAY
14 September

WEDNESDAY
15 September

THURSDAY
16 September

FRIDAY
17 September

SATURDAY
18 September

SUNDAY
19 September

MONDAY
20 September

TUESDAY
21 September

WEDNESDAY
22 September

THURSDAY
23 September

FRIDAY
24 September

SATURDAY
25 September

SUNDAY
26 September

Quarter Finals

THURSDAY
27 September

FRIDAY
28 September

SATURDAY
29 September

SUNDAY
30 September

MONDAY
1 October

TUESDAY
2 October

WEDNESDAY
3 October

THURSDAY
4 October

FRIDAY
5 October

SATURDAY
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WEDNESDAY
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THURSDAY
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FRIDAY
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SUNDAY
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MONDAY
15 October

TUESDAY
16 October

WEDNESDAY
17 October

THURSDAY
18 October

FRIDAY
19 October

SATURDAY
20 October

SUNDAY
21 October

Semi Finals

THURSDAY
22 October

FRIDAY
23 October

SATURDAY
24 October

SUNDAY
25 October

MONDAY
26 October

TUESDAY
27 October

WEDNESDAY
28 October

THURSDAY
29 October

FRIDAY
30 October

SATURDAY
31 October

SUNDAY
1 November

MONDAY
2 November

TUESDAY
3 November

WEDNESDAY
4 November

THURSDAY
5 November

FRIDAY
6 November

SATURDAY
7 November

SUNDAY
8 November

MONDAY
9 November

TUESDAY
10 November

WEDNESDAY
11 November

THURSDAY
12 November

FRIDAY
13 November

SATURDAY
14 November

SUNDAY
15 November

3rd Place & Final

THURSDAY
16 November

FRIDAY
17 November

SATURDAY
18 November

SUNDAY
19 November

MONDAY
20 November

TUESDAY
21 November

WEDNESDAY
22 November

THURSDAY
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FRIDAY
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SATURDAY
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SUNDAY
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MONDAY
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TUESDAY
28 November

WEDNESDAY
29 November

THURSDAY
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FRIDAY
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SATURDAY
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TUESDAY
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WEDNESDAY
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THURSDAY
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25 December

TUESDAY
26 December

WEDNESDAY
27 December

THURSDAY
28 December

FRIDAY
29 December

SATURDAY
30 December

SUNDAY
31 December

[Access the FIFA Women's World Cup Australia & New Zealand 2023™ Match Schedule here!](#)

ADDITIONAL RESOURCES



MINIROOS AT HOME ACTIVITY BOOK

- Football never stops! Access a MiniRoos find-a-word, crossword, football maze, trivia and colouring in templates
- [Download the MiniRoos Activity Book here](#)



PROMOTIONAL ASSETS

- Share the news of the MiniRoos Play Football Hub being hosted at your club by posting the promotional poster on social media
- [Download the promotional assets here](#)



LETTER TO THE FOOTBALL COMMUNITY

- Send a letter to the football community before the MiniRoos Play Football Hub
- [Download the letter template here](#)



MEMBER FEDERATION

- Contact your state Member Federation to discover additional opportunities to get involved during the FIFA Womens World Cup™
- [Contact your State Member Federation today!](#)



OUR GAME BRACKET CHALLENGE

- Use the Our Game Bracket Challenge to record the results at the FIFA Womens World Cup™
- [Download the Bracket Challenge here](#)

ALTERNATE WAYS TO GET MORE KIDS INVOLVED WITH YOUR CLUB



MINIROOS KICK-OFF

MiniRoos Kick-Off is a fun, introductory program that is delivered in a supportive environment for boys and girls aged between 4 and 11 years old. The MiniRoos Kick-Off program has been developed in line with the game-sense philosophy of participation, moving away from traditional coach dominated sessions to sessions that are player-centred, and use game-like situations rather than technical drills. The aim of the weekly sessions is to develop the fundamentals of football in a fun, engaging and inclusive environment that focuses on enjoyment rather than results.

Many MiniRoos Kick-Off Sites use the program as an exciting engagement strategy for upcoming football registration periods and to capture interest during significant football occasions. Not only will a MiniRoos Kick-Off program bring in new children and families into your club community, but your club can also engage older players into becoming Program Leaders of the sessions to assist with the training and development of children. Furthermore, your club will receive ongoing support and resources for both your MiniRoos players and coaches from Football Australia.

Support offered by Football Australia includes:



Deliverer Equipment Pack including pop up goals, footballs, ball carry bag, bibs and cones.



Junior Program Officers in each state employed by Football Australia to be your go-to contact for all things MiniRoos including resources, advertising, program set up, registrations and a visit to the program.



Football Australia resources including Digital Tool Kit, session guide, logo suite, parent information pack, MiniRoos format and playing guides and MiniRoos Program Manager guide.



ALTERNATE WAYS TO GET MORE KIDS INVOLVED WITH YOUR CLUB



HOLIDAY PROGRAMS

Designed for boys and girls aged between 4 and 11 years old, these clinics aim to introduce and engage kids in the beautiful game by keeping active and making friends in a safe, inclusive, and fun environment. Football Australia recommends running a 3-day program for 3 hours each day. Email minirooms@footballaustralia.com.au for further assistance setting up a program or to receive coaching support from our Participation Officer workforce.



FEMALE ONLY EVENTS

Create a female only event from any of the above options is a great way to encourage females to get involved. Please reach out to minirooms@footballaustralia.com.au for assistance from Women and Girls Team at Football Australia.



COME AND TRY DAYS

Come and Try days are a great way to give participants a taste of what club football is like! It's a great opportunity for current club members to bring a friend along or to just simply offer the opportunity for kids who are interested in starting their football journey during the FIFA World Cup period. You could even mix this up by structuring it like a gala day! Football Australia recommends running a 1-day event for anytime between 1-3 hours. Email minirooms@footballaustralia.com.au for further assistance setting up a program or to receive coaching support from our Participation Officer workforce.



AFTER SCHOOL PROGRAMS

Football Australia would love to link up your club with the local school to offer an After School program that will be structured similar to a MiniRoos Kick Off program. Reach out to minirooms@footballaustralia.com.au to find out how you can set up a MiniRoos Kick Off program at the local school to provide a pathway transition into your local club.

CONTACTS



State	Contact
QLD	participation.qld@footballaustralia.com.au
NSW	participation.nsw@footballaustralia.com.au
Northern NSW (Newcastle to Tweed)	participation.nnsw@footballaustralia.com.au
ACT	participation.act@footballaustralia.com.au
VIC	participation.vic@footballaustralia.com.au
SA	participation.sa@footballaustralia.com.au
TAS	participation.tas@footballaustralia.com.au
WA	minirooms@footballwest.com.au
NT	paula.dacosta@footballnt.com.au
Head Office	minirooms@footballaustralia.com.au



