



 **JUNIOR**   
**FRAMEWORK** **JUNIORS**



“McDonald’s has supported junior football in New Zealand for over a decade, and globally has been a sponsor of the FIFA World Cup for over 20 years. Our focus has always been to help Kiwi kids and their parents enjoy football.

In recent years we have increased our involvement with New Zealand’s most popular game further with McDonald’s Junior Football. McDonald’s shares New Zealand Football’s goal to get more kiwi kids registered and playing club football, and help volunteer coaches with their skills and resources. We believe that through increased investment at a national level, and by connecting McDonald’s restaurants and franchisees with even more clubs we can achieve this goal, and help children live active and balanced lives.

This year we will once again send a Kiwi kid to the FIFA World Cup to walk onto the pitch with the players, and our Coach of the Year winner will go to the FIFA Club World Cup!

Whether kids enjoy football because it’s a fun way to make friends, or they’re inspired to follow in the footsteps of their heroes and play on the world stage, McDonald’s Junior Football has been developed to kick-start their dreams.”



*“As a kid growing up there was nothing I loved more than playing football with my friends. Having fun scoring goals, trying new skills and copying our football heroes helped me fall in love with the game.”*

**WINSTON REID** ALL WHITES CAPTAIN

*“Even at a young age, football taught me the importance of teamwork, determination and discipline, all while having the time of my life. These are qualities that developed me into the person and player I am today, and are a key foundation to becoming a Football Fern.”*

**ALI RILEY** FOOTBALL FERNS CAPTAIN

*“When I first started to play football, we trained indoors playing Futsal. The smaller playing area helped me to develop my ball control, ability to combine with team mates and decision making. I loved dribbling with the ball, trying new skills and never being far away from a goal scoring opportunity.”*

**LUC SAKER** FUTSAL WHITE

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All of the information contained in this document is relevant for Football and Futsal. Both are fantastic sports to play in their own right, whilst also complementing each other in a player development programme.

Specific information pertaining to either Football or Futsal only will be provided in this document and named accordingly. Where information is not listed as specifically to Football or Futsal, it will apply to both.



# PURPOSE & OBJECTIVES

The McDonald's Junior Framework provides a consistent, coordinated national approach to the development of junior players. Its main aim is to provide all junior players with high quality Football and Futsal experiences that increase passion for the game, fundamental movement and playing skills. Through the McDonald's Junior Framework players will experience age appropriate games and coaching in a programme that is specifically tailored to meet their wants and needs.

Through standardised playing formats, clear outcomes and training recommendations for each stage of a player's development, alignment will be achieved across New Zealand in McDonald's Junior Football and Futsal as well as increased support for our volunteer coaches.

The importance of the McDonald's Junior Framework cannot be underestimated. Implemented with commitment at all levels, it will ensure the experience provided at the grassroots leaves Kiwi kids enthused, technically competent and in love with sport.

## ALIGNING THE JUNIOR GAME

- Provide an aligned & coordinated approach to the development of players
- Providing structures and guidelines which help to improve the standard of our game across New Zealand

## DELIVER A HIGH QUALITY EXPERIENCE

- Meeting the needs of players across the four corners - physical, mental, technical and social
- Providing players with age-appropriate activities which increases their personal development and passion for the game

## INCREASE PLAYER NUMBERS AND SKILL LEVELS

- Provide more playing opportunities which offer more opportunities to play with a ball at their feet
- Developing the physical foundations and technical competencies to raise the playing standard of our game



# WHAT IS THE JUNIOR FRAMEWORK?

New Zealand Football's National Player Development Framework provides an aligned, cohesive structure in order to meet the needs of players across all levels of the game. There are progressive stages within the framework, with each stage having clear objectives, guidelines and structures so that coaches and administrators are better equipped to meet the needs of our players, right up to adult ages. The Junior Framework is ultimately the foundation of future participation in our game, leading towards lifelong involvement in the sport, as well as being the platform for producing future professional and national team players.

Regardless of motivation or ability levels, players should enjoy a high-quality experience at all stages. The framework aims to meet the needs of all young players, while ensuring they can move across the spectrum from community recreational sport right through to the talent perform pathway.

As you can see from the diagram, the Junior Framework offers programmes across three pathways during the Discovery and Skill Acquisition phases. In this document we focus on our affiliated community participation players who play within clubs, where three standardised programmes are offered; McDonald's First Kicks (4-6 Years), McDonald's Fun Football & Futsal (7-8 Years) & McDonald's Mini Football & Futsal (9-12 Years).

Recreational programmes are available which focus on providing more opportunities for kids to play, experience and hopefully fall in love with Football and Futsal. Community Recreational programmes such as Football festivals, Fun Futsal centres and holiday programmes are informal, flexible and aim to attract new players to our game long term. This provides our community participation players with more opportunities to play more football in and out of season.

Also available are the NZF Skill Centres. These provide an aligned, co-ordinated approach to players aged 9-12 years who are wishing to access a higher level of provision. Its main aim is to provide a structured programme for players, in an enjoyable environment that maximises player development.

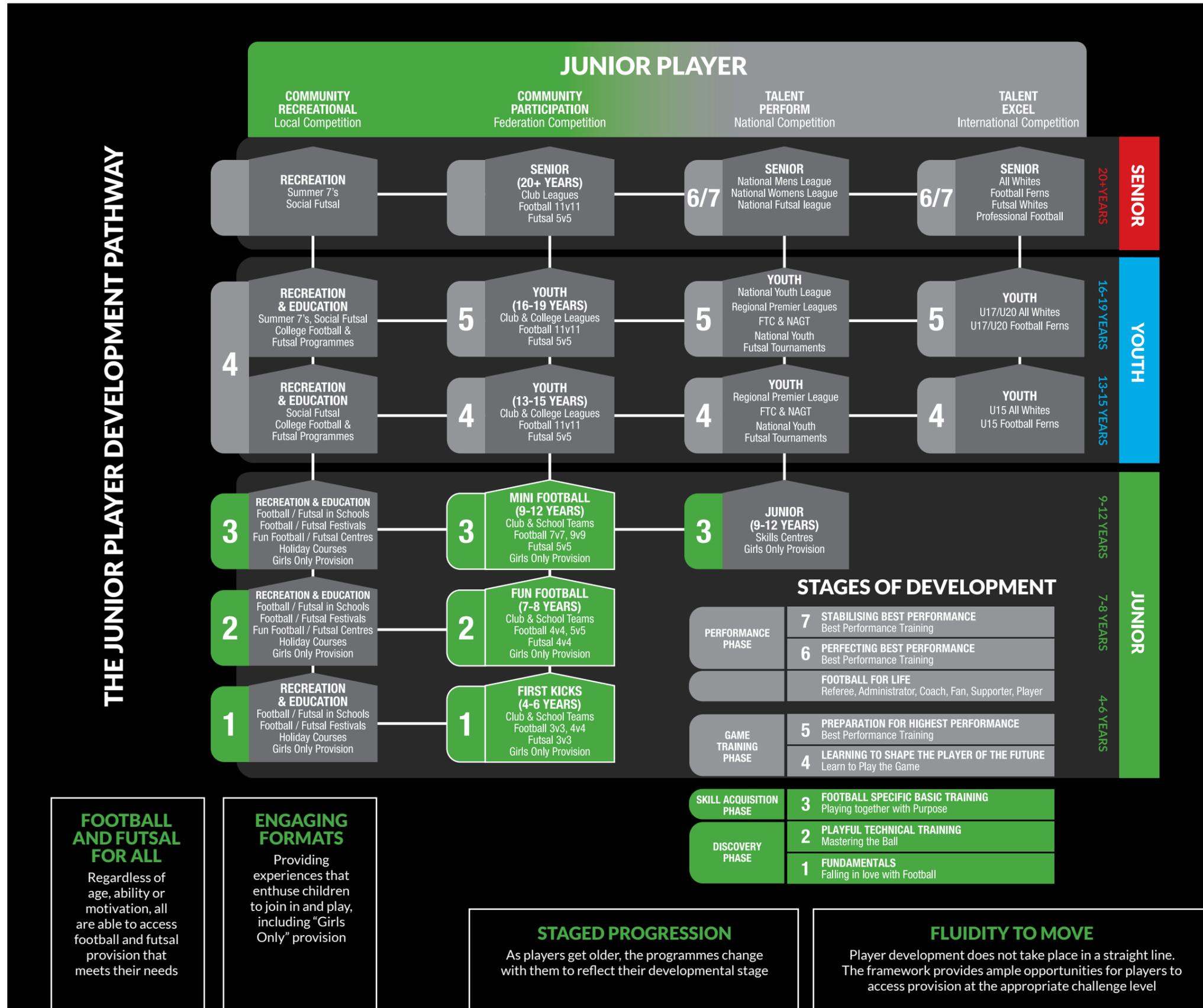
Throughout the Junior Framework programmes are offered in the form of "Girls Only" and "Mixed" formats to support female participation and development:

## GIRLS ONLY PLAYER PROGRAMMES

*Girls Only provision helps to meet some of the social needs that may not be met in a more male-dominated environment. This has been shown to help to further engage female players, helping to grow the game and increase the depth of competition.*

## MIXED GENDER PLAYER PROGRAMMES

*Mixed gender programmes may offer female footballers an alternative environment with an appropriate challenge point to support their development.*



# McDONALD'S JUNIOR FRAMEWORK PRINCIPLES

Underpinning the McDonald's Junior Framework are the following principles which provide us with clear guidance for an effective junior structure:

## 1. ACCUMULATION OF TOUCHES OF THE BALL

The McDonald's Junior Framework provides a development structure that focuses on increasing the number of time spent playing and the number of touches on the ball. To maximise the limited time available for players to play, "ball each" activities and standardised Small Sided Games ensure that players touch the ball as much as possible to build their technical ability.

## 2. EARLY ENGAGEMENT

The McDonald's Junior Framework focuses on promoting early engagement of players rather than specialising at such a young age. Emphasis is placed on the quality of experience to develop an intrinsic motivation and initiate a love of playing sport. This will help players remain in sport for life.

## 3. RECOGNISING DEVELOPMENT AGE

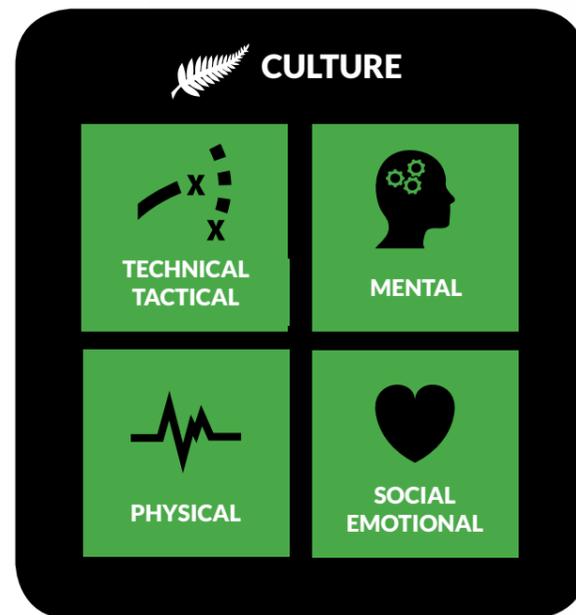
As players progress through the McDonald's Junior Framework, individual differences in development ages will start to emerge within the same chronological age groups. Through flexibility and recommendations provided in the McDonald's Junior Framework, parents, coaches and administrators can be more aware of the needs of young players, and allow them to reach their true potential by catering for players more individually.

## 4. DEVELOPING PHYSICAL COMPETENCY

Football and Futsal are a fantastic format to develop fundamental movements for sport. With the 11+ Kids programme interlinked across the McDonald's Junior Framework, players will build the basic physical competencies required to participate in sport and will build upon these in later life.

## 5. FOUR CORNERS APPROACH

Development across all four corners is fundamental to their enjoyment, competency and retention in sport. Improvement in all four corners of a player's development ensures that we help to improve the whole person and not just the football player. Although priorities may differ from person to person, and as they mature, McDonald's Junior Framework programmes have been designed to support players across all four corners and educate coaches on how to facilitate this.



## 6. AGE APPROPRIATE GAMES

The gradual progression of Small Sided Games from 3 a-side to 9 a-side (Football) or 5 a-side (Futsal) ensures players are able and ready to move to the adult version of the game. As with any learning process, it is a stepped progression that will ultimately leave the junior player more competent when playing the full sized game. The smaller game not only provides a greater number of touches on the ball, but more shots, more goals scored and generally more interactions between players. In addition smaller pitches and courts enables a greater number of games to be played on the overall playing area.

## PRINCIPLES

- 1 ACCUMULATION OF TOUCHES ON THE BALL
- 2 EARLY ENGAGEMENT
- 3 RECOGNISING DEVELOPMENT AGE
- 4 DEVELOPING PHYSICAL COMPETENCY
- 5 FOUR CORNERS APPROACH
- 6 AGE APPROPRIATE GAMES





**11+ KIDS**

# McDONALD'S JUNIOR FRAMEWORK DIRECTION

## THE KEY INGREDIENTS - SMALL SIDED GAMES

Small Sided Games provide a fantastic opportunity for developing technically proficient and creative players. The idea is to bring children together and create conditions where they can just play, be challenged to solve problems, learn from their own mistakes and accumulate many hours of playing sport. The Junior Framework simply aligns club programmes and provides a supporting rationale to ensure all players are provided with suitable formats at the right time, based on their developmental needs.

Small Sided Games are a modified form of 11v11 Football and 5v5 Futsal, designed to meet the needs of junior players. These players have very different needs to adult players, particularly when their physical, mental, social and technical development is taken into account. The overall philosophy of Small Sided Games focuses on enjoyment and freedom of expression with very little coach involvement, particularly in the crucial early stages.

## THE KEY INGREDIENTS - 11+ KIDS

Football and Futsal are fantastic sources of exercise for children and can lead to a number of health benefits. It is also key to helping to develop fundamental movement patterns for sport. This provides children with the physical competence to perform basic movements that can lead to a greater level of skill development and performance.

The 11+ Kids programme provides fun activities that can be used as part of the warm up for, or incorporated throughout, a children's session. The programme is fully integrated across all areas of the McDonald's Junior Framework.

It aims to help a child's development by:

- Improving coordination and balance
- Strengthening core and leg muscles
- Learning appropriate fall techniques

There are 7 activities focusing on different areas of physical development. Each activity has 5 different levels of difficulty, ensuring that each individual is able to progress at a rate that is specific to them.

An example of each activity is provided over the next couple of pages:

### CULTURE

#### TECHNICAL / TACTICAL

- Increased number of touches
- Increased number of 1v1s
- Increased attacking situations
- Increased defending situations
- Limited time & space on the ball

#### MENTAL

- Increased enjoyment through more time on the ball
- Increased enjoyment through more goals scored
- Increased decision making
- Players placed in situations that look like the real game

#### PHYSICAL

- More physical activity during the games
- More use of fundamental movement skills
- Movements that are relative to the game
- Less strength required due to smaller pitch

#### SOCIAL / EMOTIONAL

- Greater involvement & engagement in the game
- Regular interactions with team mates
- Regular interactions with opponents
- More opportunities to solve problems as a group

STATUES RUNNING GAME

**RUN AND LISTEN**

### Coaching Tips

- Knee of supporting leg slightly bent
- Front on, players hip, knee and foot of supporting leg should form a straight line
- Adjust running distance to players age

**Statues Running Game.** Develops static balance, coordination and cognitive skills.

- On 'GO' players start running
- On 'STOP' players stop and balance on one leg
- Players who wobble and move after 'STOP' return to the start and begin again
- Allow players a few seconds to gain balance

# McDONALD'S JUNIOR FRAMEWORK DIRECTION

THE KEY INGREDIENTS - 11+ KIDS *cont...*



11+ KIDS

SKATING HOP



## L1 HOP

2x GAMES 5x HOPS PER LEG

- Hopping will develop lower limb strength and balance.
- On 'GO' players hop in a diagonally forwards direction, alternating legs with each hop
  - Players pause and stabilise for around 3 seconds on one leg before each hop
  - Coach verbally cues each hop and uses hand signal for hop direction
  - Ensure players pause and stabilise between each hop

### Coaching Tips

- Front on, players hip, knee and foot of supporting leg should form a straight line
- Knee of supporting leg bent upon landing to cushion impact
- Players hold head and body upright using core and back muscles to be straight and strong

SINGLE LEG STANCE



## L1 BALL THROW

5x THROWS PER LEG

- Develops and improves single leg balance, strength and stability.
- Players partner up and face each other while balancing on one leg and maintaining stability
  - Players remain on one leg for the entire duration of the exercise
  - Players hold head and body upright using core and back muscles to be straight and strong
  - Players throw the ball back and forth while remaining stable on one leg

### Coaching Tips

- Toes and foot of supporting leg point forwards
- Hips and pelvic line are level
- Front on, the hip, knee and foot of the supporting leg are in a straight line

PLANK POSITION



## L1 TUNNEL BALL

2x GAMES 8x ROLLS

- A strong core is important for body stability, strength, generating power and injury prevention.
- Players perform the plank positions with strong, tightened core muscles throughout all variations
  - Players create a tunnel, supported on their hands and toes
  - Player at the start of the tunnel rolls the ball and then joins the tunnel
  - Player at the end of the tunnel runs the ball back to start and rolls it through

### Coaching Tips

- Head, shoulders, back and pelvis are all aligned
- Players tighten the core abdominal muscles and buttocks

SINGLE LEG HOP



## L1 HOP FORWARDS

2x GAMES 5x HOPS PER LEG

- Develops leg strength, stability and balance when focussed on landing well.
- On 'GO' players hop forwards, landing on the same leg in balance
  - Players must stop, stabilise and balance on one leg for around 3 seconds between each hop
  - Coach instructs/cues players verbally or visually each hop, players must listen or look for instructions

### Coaching Tips

- Knee bent on landing to cushion the impact
- Players hold head and body upright using core and back muscles to be straight and strong
- Hips and knee of the supporting leg are always slightly bent and in alignment

SPIDERMAN



## L1 BALL TAPS

3x GAMES OF 15 SECS EACH

- Develops body stability and mobility, grows a range of athletic motor skills and improves strength.
- Players assume the spiderman position by lifting their hips off the ground while facing upwards, supporting themselves on their hands and feet
  - Players stay in the Spiderman position for the duration of the exercise
  - Players to keep hips and buttocks elevated
  - Players perform continuous ball taps with their feet, alternating feet each tap

### Coaching Tips

- Body should be in a straight a line as possible, from shoulders to knees
- Feet always under or in front of knees (knee angle 90° or more)

SHOULDER ROLL



## L1 CROUCH AND ROLL

5-7 ROLLS PER SIDE

- The shoulder roll is important to teach children to fall correctly in sport with a 'tuck and roll' technique. Falling correctly reduces injuries to the upper limbs. Build confidence with correct technique in the shoulder roll making sure players are not progressed too quickly.
- Players reach out towards the ground with slightly bent arms
  - Place one hand flat on the ground with the other hand and forearm forming a circle shape
  - Tuck chin to chest as elbow makes contact with ground
  - Players roll diagonally down back

### Coaching Tips

- Arms used control the movement
- Enough distance between players before each roll
- Players are rolling onto shoulder and back, not head and neck
- Coach instructs when to roll and to what side



# McDONALD'S JUNIOR FRAMEWORK DIRECTION

## THE KEY INGREDIENTS - THE POWER OF FUTSAL

Futsal is the only FIFA and NZ Football-approved version of five-a-side football and the world's fastest-growing indoor sport. New Zealand Football recognise the pathways this popular game offers for players, coaches and administrators at both local and international level. Futsal is seen as an important part of the McDonald's Junior Framework.

This fast-paced, skilful game is a sport in its own right and is played all over New Zealand. It is also an invaluable tool that can be used for the development of footballers.

As well as being an exciting sport to play, futsal supports player development and actively promotes:

- Decision-making in limited time and space
- Individual ball skills, close control and dribbling
- Creativity and improvisation
- Maintenance of ball possession
- One-touch passing and shooting
- Teamwork and off the ball movement

### THE GAME FOR LEARNING

While at an elite level, futsal can be a highly-tactical and sometimes even choreographed game. However, in its most basic form futsal is a fun and simple game which has a structure that supports player development:

- Playing in reduced space helps develop creativity, improvisation, technique and rapid-decision-making. Increased game awareness and movement off the ball occur quickly and naturally

- The smaller, weighted ball with restricted bounce makes it easier for young or inexperienced players to master their ball control skills. As a result, players very quickly experience improved dribbling, passing and close control
- Playing with a smaller number of players means players are 'always in the game', having more touches on the ball
- The lack of rebound walls increases the number of 1v1s faced where players are encouraged to find their way out of tight situations with a clever pass or piece of individual skill
- Due to the smaller pitch dimensions there is a constant threat of immediate counter attacks, both in and out of possession. This teaches players the importance of ball retention and quick transitions, which is key to performing in line with the NZF Playing Philosophy

The games of Futsal and Football can be combined to offer more playing opportunities to children throughout the year. Below are examples of how they can be integrated together:

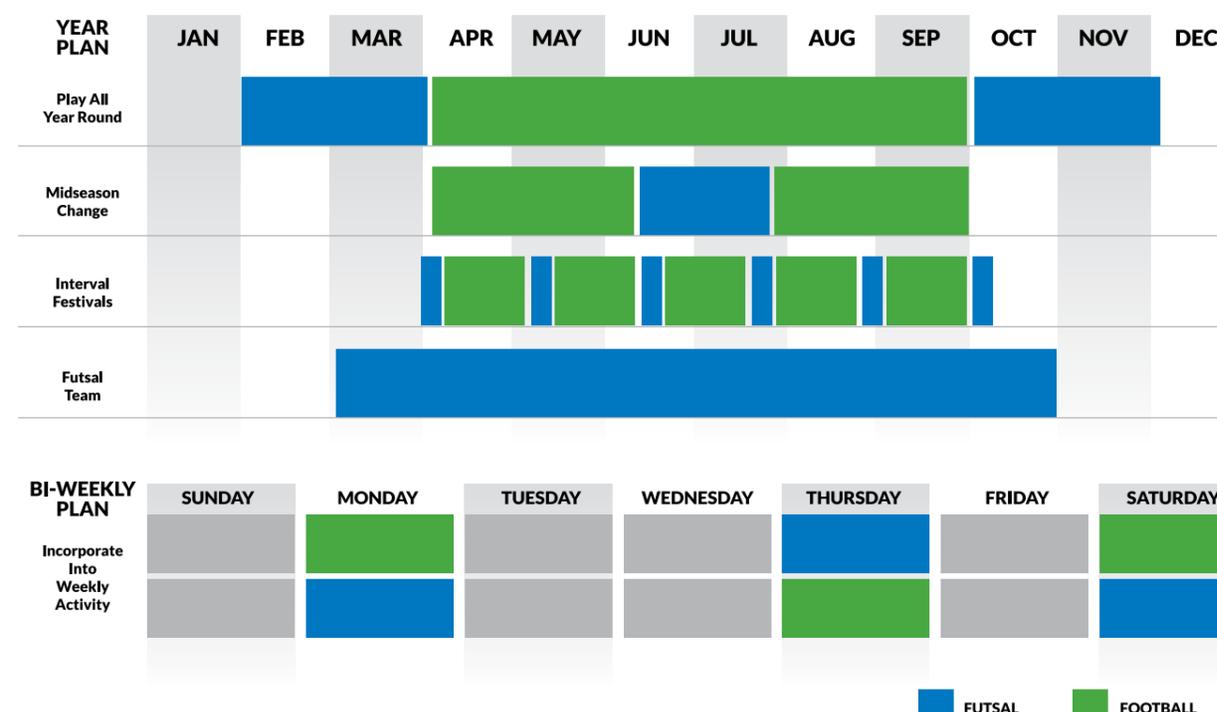
**PLAY ALL YEAR ROUND** – Extend the current McDonald's Junior Football season by offering Futsal during the summer months. This will increase the chances to play and touches of a ball. However, it is important to ensure that children have the opportunity to experience other sports and have a break from Football/ Futsal.

**MID SEASON CHANGE** – Insert a period of time during the middle of the football season to play Futsal. This will bring variety to the season, keep more teams engaged and also continue activity should there be inclement weather.

**INTERVAL FESTIVALS** – Provide Futsal Festivals on a regular basis throughout the season, as well as before and after. This will break up the Football season, aiming to enthuse players even more for the full duration. It also may provide players will blocks of time to focus on particular areas of development.

**FUTSAL TEAM** – Provide Futsal for the duration of a season. This could be during the winter or summer season, and clubs offer training and opportunities of matches as well. This could be interspersed with opportunities to play Football too.

**INCORPORATED INTO WEEKLY ACTIVITY** – Plan Futsal training sessions into your season long plan, giving children the opportunity to experience and receive the benefits of both formats.



Blue: FUTSAL Green: FOOTBALL



# HOLISTIC PLAYER DEVELOPMENT

## McDONALD'S FIRST KICKS (4-6 YEARS)

### ENGAGING CHILDREN IN A SAFE, FUN AND REWARDING ENVIRONMENT.

It is essential that young players are exposed to a high quality experience that's designed to meet their needs. This will be their first experience of playing Football and Futsal in an organised environment, which can be the deciding factor for whether they fall in love with sport or not. This initiation phase allows children to discover the game at their own speed and creates a positive experience with an emphasis on fun and enjoyment.

### WHAT DOES THE MCDONALD'S FIRST KICKS PLAYER WANT AND NEED?

The key to providing a high-quality experience is understanding the needs of 4-6 year-old children. Through understanding the stage of development they are at, and how they see the world, we can create a positive coaching and playing environment. Remember, we are developing the person not just the player.





## CULTURE

 <b>TECHNICAL &amp; TACTICAL</b>		 <b>MENTAL</b>	
CHARACTERISTICS	MEETING NEEDS	CHARACTERISTICS	MEETING NEEDS
Low levels of familiarity with the ball	Ball each activities with lots of touches provided	Concentration spans are shorter	Provide lots of short activities
Exposed to lots of other sports at this age	Games involving fundamental movements and hand eye coordination provided too	High levels of imagination	Use storytelling in the games
Minimal knowledge of how the game is played	Allow players to make errors and provide appropriate support	May not recognise when they have made errors	Mistakes not highlighted and help to educate players where necessary
		Spatial awareness is lower	Provide appropriate sized areas and "safe" zones

 <b>PHYSICAL</b>		 <b>SOCIAL / EMOTIONAL</b>	
CHARACTERISTICS	MEETING NEEDS	CHARACTERISTICS	MEETING NEEDS
Low levels of coordination	Integrate 11+ Kids into activities	Work as individuals more than a group	Lots of ball each activities focusing on the individual whilst being part of the group
Energetic	Include games with lots of movement	Very playful	Exciting activities to play
Strength not developed	Appropriately sized areas for games	High levels of curiosity	Children are encouraged to explore and try new things
		May respond emotionally to failure	Coaches do not worry about mistakes and encourage children to try again

# HOLISTIC PLAYER DEVELOPMENT

## McDONALD'S FUN FOOTBALL (7-8 YEARS)

### PLAYING FUN GAMES WITH LOTS OF TIME ON THE BALL.

The McDonald's Fun Football & Futsal player's experience is filled with new and exciting challenges. Players are provided with more game-specific activities, which offers fun and excitement throughout the season to help lay physical and technical foundations for physical literacy.

### WHAT DOES THE MCDONALD'S FUN FOOTBALL PLAYER WANT AND NEED?

Generally children at this age are enthusiastic, motivated and have a desire to be active. Game leaders must provide them with lots of variation and create environments where they can explore new things through playing. A fun and motivational coaching and playing environment should be provided to meet the wants and needs of the developing 7-8 year old child.





## CULTURE

 <b>TECHNICAL &amp; TACTICAL</b>		 <b>MENTAL</b>	
CHARACTERISTICS	MEETING NEEDS	CHARACTERISTICS	MEETING NEEDS
Football / Futsal specific skills are very basic and just are starting to form	Lots of opportunities to repeatedly practice techniques such as dribbling & shooting	Enjoy praise and may be sensitive to criticism	Lots of praise and encouragement based on player effort
May be uncoordinated with the ball at their feet	Provide 11+ Kids activities with a ball at the feet	Shorter concentration spans	Activities that keep children involved for all of the time
Low knowledge of how to join in when they do not have the ball	Patience if players crowd around the ball / provide more balls to play with	Enjoy fun games	Attach stories to games and give players roles to play

 <b>PHYSICAL</b>		 <b>SOCIAL / EMOTIONAL</b>	
CHARACTERISTICS	MEETING NEEDS	CHARACTERISTICS	MEETING NEEDS
Low levels of coordination	Provide games and activities where players can practice fundamental movements (11+ Kids)	Begin to engage with others	Begin to introduce more "ball between two players" activities
Energetic	Include games with lots of movement	Excitable and playful	Plan opportunities for children to "play" before, during and after the session
Basic levels of agility	Allow opportunities for players to dodge, weave and change direction	More focus on themselves, rather than the "team"	Structure activities so that children are able to help / support each other

# HOLISTIC PLAYER DEVELOPMENT

## McDONALD'S MINI FOOTBALL (9-12 YEARS)

### TRAINING THAT LOOKS LIKE THE GAME, TO ENCOURAGE CHILDREN TO BE COMFORTABLE ON THE BALL.

The McDonald's Mini Football & Futsal player will play games with motivational and competitive challenges, with a growing emphasis placed on the learning of technical skills. Game days tend to be more focused on the matches themselves, with 7v7 and 9v9 team sizes providing appropriate building blocks to the 11v11 format of youth football. Futsal players at this age are already playing the full sized 5v5 game but on a smaller court. However the focus is still on enjoyment, with no results or ladders being recorded.

### WHAT DOES THE MCDONALD'S MINI FOOTBALL PLAYER WANT AND NEED?

This is the stage to ensure core skills are in place for long term participation in the game. On top of this, we strive to create a creative environment that promotes a desire to enjoy sport whilst being challenged and trying new things.

At this age, players become more competitive and aware of others, but retain a thirst to learn through playing. Coaches must provide them with a challenging environment that offers lots of opportunities to make decisions, learn new skills and apply them within the game.





## CULTURE

 <b>TECHNICAL &amp; TACTICAL</b>		 <b>MENTAL</b>	
CHARACTERISTICS	MEETING NEEDS	CHARACTERISTICS	MEETING NEEDS
Fundamental Football / Futsal techniques may have been learnt to a basic level	Challenge players to perform basic techniques with outside interference (defender / tagger etc)	Thirst to try new skills and recreate their heroes	Set challenges appropriate to the individual's ability. Link challenges to their favourite players
Players will have basic ideas of roles within a team	Rotate players in games so that they experience a variety of positions	Capable of problem solving	Ensure that activities played involve the children making decisions that they will experience in the game
		Individually competitive	Praise effort more than the outcome
		Understand winning and losing	Promote and demonstrate positive behaviour when winning or losing

 <b>PHYSICAL</b>		 <b>SOCIAL / EMOTIONAL</b>	
CHARACTERISTICS	MEETING NEEDS	CHARACTERISTICS	MEETING NEEDS
Are more comfortable with the idea of contact in sport	Create 1v1 games that involve players holding off defenders	Players begin to understand "team" concepts and recognise others	Allow lots of opportunities to play in small groups (3 & 4)
More committed in challenges for the ball	Ensure safe environment is provided and 11+ Kids incorporated for falling techniques	Peer opinions begin to become important	Provide chances for players to praise / provide feedback to each other
Physical changes may begin to happen at a faster rate (girls especially)	Coach to be aware of developmental stage and adapt practice accordingly	Players develop the understanding of fairness	Ensure consistency in your application of rules for training and during games



## JUNIOR FRAMEWORK TRAINING

# McDONALD'S JUNIOR FRAMEWORK TRAINING

## MODELS FOR AGE APPROPRIATE TRAINING

Training is an opportunity to engage players in additional physical activity, develop competency levels and ignite a hunger to play more. It provides a different environment to game day, allowing variety for players involved and giving them time to practice.

McDonald's Junior Framework training comprises of five key training components, helping to meet the needs of players at this young age. The amount of time spent in each component will differ depending on the development stage of the players involved.

<b>PART 1. 11+ KIDS</b>	Fun games to develop fundamental movement patterns and reduce risk of player injury
<b>PART 2. GENERAL MOVEMENT</b>	Fun warm up activities to help the player's mind and body prepare for the games ahead
<b>PART 3. FOOTBALL TECHNIQUE</b>	Activities allowing players to repeatedly practice Football / Futsal techniques, with no to little opposition
<b>PART 4. FOOTBALL COORDINATION</b>	Football / Futsal related games that provide opportunities to make decisions, whilst challenging players with opposition
<b>PART 5. SMALL SIDED GAMES</b>	A smaller version of the game itself, providing ultimate game realism but with even lots of touches of the ball

The structure of training can be designed to help reach the desired outcomes of McDonald's Junior Football & Futsal, ensuring that children have a varied experience that is not too onerous on the game leaders involved.

The McDonald's Junior Framework provides clear guidelines and best practice for clubs to follow. It proposes three variable, age appropriate models. Clubs may need to select the model that meets their needs to best and this will be influenced by:

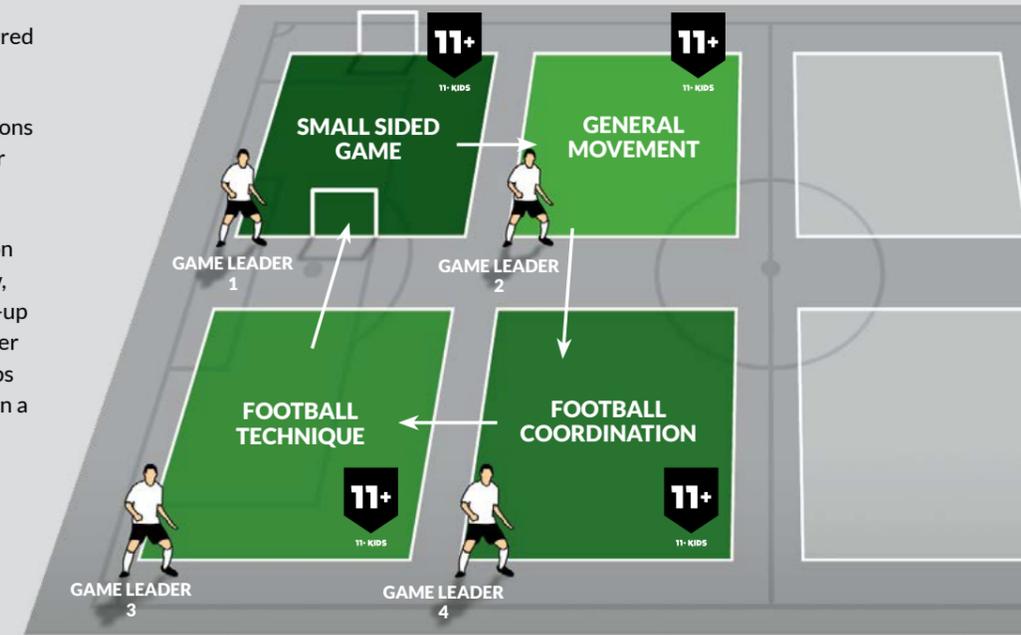
- The age and development stage of the players involved
- The number of Game Leaders available
- The experience and confidence of Game Leaders available
- The number and / or size of pitches or courts available
- The amount of time that you have the pitches or courts for

Remember at the forefront of the mind, when selecting the model to use, should be "What is best for the players?"



## 1. STATION ROTATION - THE PREFERRED MODEL \*\*\*

- This scenario shows the preferred arrangement
- Groups are spread across stations and they rotate clockwise after the dedicated amount of time
- This is ideal from a coordination and management point of view, as it requires no additional set-up once the session starts, however it is recognised that not all clubs will have four areas available on a training night



### DELIVERY MODEL

This focuses on the individual development of young players, ensuring the best use of training time, which will ultimately lead to technical proficiency. It removes the link between game leaders and teams, so the focus in training and on game day is on development. In both McDonald's First Kicks and McDonald's Fun Football, where team sizes are small, Station Rotation has the extra benefit of maximising the limited resources available to clubs. Specifically, fewer coaches are required than if the model was based on teams (due to the small numbers per team).

### ORGANISATION

- Multiple player groups are spread across different mini pitches/courts taking part in different activities
- Players rotate after an allocated amount of time
- Game Leaders remain on the same pitch/court, delivering the same activity

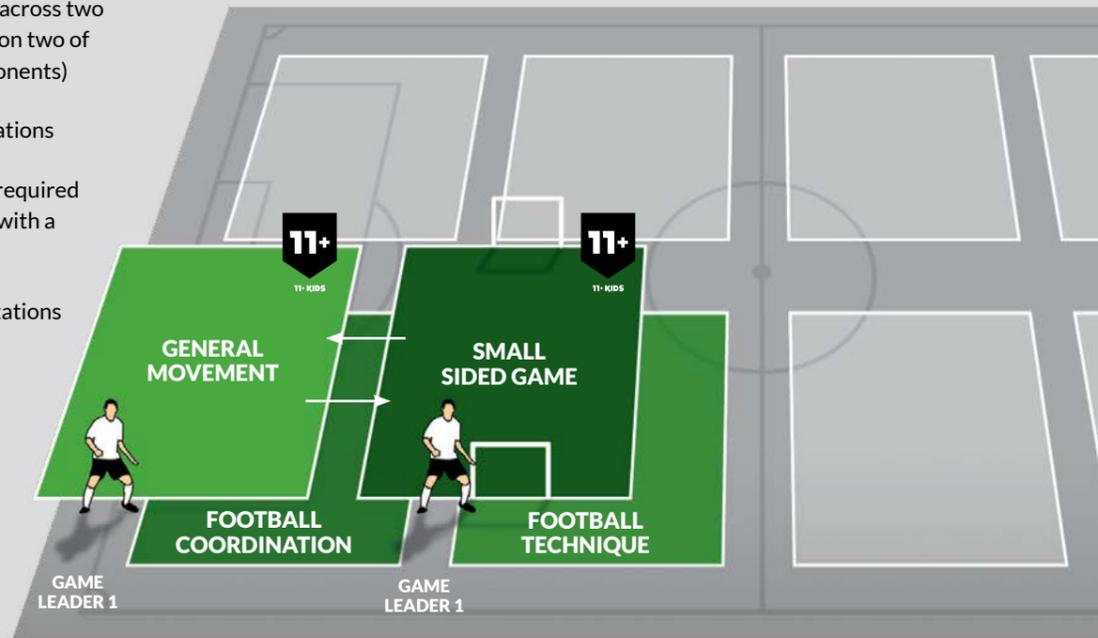
### ADVANTAGES

- Variation of activities for players involved
- Less onerous on the game leaders - they only have to deliver one activity
- Players get to be coached by different people - helps in the social corner
- Minimises wasted time as playing areas are already set up - more time playing!
- Looks exciting for players when they arrive to play
- Simple to coordinate and oversee
- Smaller number of game leaders required to implement model
- Can split players into small groups to ensure more touches of ball and communication with game leaders

# McDONALD'S JUNIOR FRAMEWORK TRAINING *cont...*

## 2. DUAL TRAINING \*\*

- Two groups of players across two stations (which focus on two of the key training components)
- Players then switch stations
- A game leader is then required to replace the station with a different component
- Players again switch stations



### DELIVERY MODEL

This is a compromise between Station Rotation and Team-based Training, and features elements from both. It is basically two game leaders and groups training together while using the station rotation concept across two groups.

### ORGANISATION

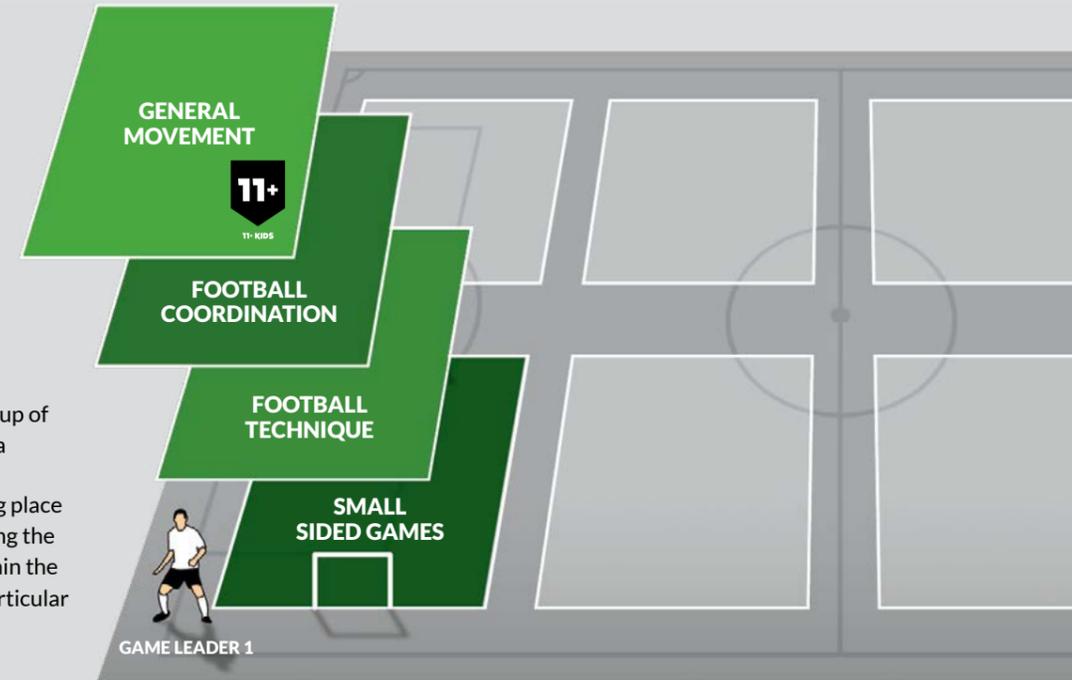
- Two groups of players are taking part on two mini pitches/courts
- Players switch pitches/courts after an allocated amount of time
- Game Leaders then replace the station with a new component
- Players switch pitches/courts after an allocated amount of time

### ADVANTAGES

- Players experience all components of the training session
- Players may be more likely to build rapport with game leaders
- Very useful for clubs with fewer volunteers
- Very useful for clubs with smaller / fewer playing areas

## 3. TEAM-BASED TRAINING \*

- One game leader and a group of players in an allocated area
- Rather than rotation taking place between stations containing the key components, time within the session is allocated to a particular station session



### DELIVERY MODEL

Team-based training is the optimal delivery model for McDonald's Mini Football. It caters for players who are starting to develop basic game understanding. Team-based training allows groups of players to train together based on ability and allows coaches to adapt sessions based on the needs of the players. It is not the preferred model for McDonald's First Kicks and McDonald's Fun Football as it does not offer the desired amount of variation and individual exploration.

### ORGANISATION

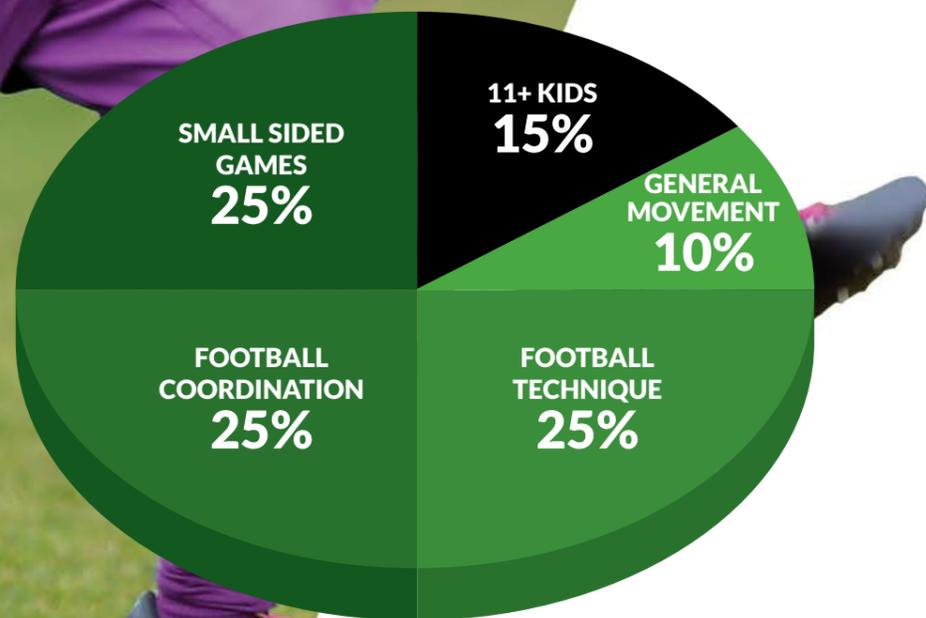
- One group of players and a game leader on the same mini pitch/court
- Players take part in each component of training on the same pitch/court

### ADVANTAGES

- Game leaders build a relationship with players involved
- Easy for children to understand as they stay in the same playing area
- Useful for clubs with fewer volunteers
- Useful for clubs with smaller / fewer playing areas
- Game leaders experience a variety of activities

# TRAINING STRUCTURE

McDONALD'S FIRST KICKS (4-6 YEARS)



## FOCUS ON TRAINING

**11+**

11+ KIDS

### PART 1. 11+ KIDS

- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)
- A focus on these fundamental movement patterns provides a foundation for players to learn more complex movement sequences later on

### PART 2. GENERAL MOVEMENT

- Fun warm up activities to prepare players bodies and minds to play
- Tag games or team games with a friendly challenge
- Maximum engagement for all involved, with or without the ball

### PART 3. FOOTBALL TECHNIQUE

- Lots of touches of the ball, practicing core techniques - dribbling, turning, shooting and passing
- These techniques are fundamental features of the game that players enjoy greatly
- Players with a ball each, practising with little or no competition

### PART 4. FOOTBALL COORDINATION

- Lots of opportunities to repeatedly practice core techniques
- Games with an element of interference / competition to involve decision making
- Lots of touches of the ball whilst attempting to perform techniques at a higher challenge point.

### PART 5. SMALL SIDED GAMES

- SSG's should involve small numbers playing in small areas
- Two teams playing against each other aiming towards a target / goal
- SSG's provide the players with the chance to best use their individual skills, developed in a group setting
- Conditions / Rules may be placed on the SSG to emphasis a particular technique

#### TRAINING BEST PRACTICE

Training Duration - **50-60 minutes**  
Recommended 1 training session and 1 game day per week

	DESCRIPTION	MINIMUM REQUIREMENTS	OPTIMAL
	Lots of junior players train together, due to the availability of players, game leaders or facilities	3 game leaders with 3 areas available	4 game leaders with 4 areas available

# SESSION 1



## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - SUMMER HOLIDAY

#### SETUP

1. Area of up to 20x20m
2. Area borders to be set up with different colour cones and are named "Beach", "Mountains", "Bush" and "City"
3. Players in the area with a ball each. This is their luggage



#### HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks
2. When coach calls out a holiday destination, players must dribble their ball to that destination
3. Players must take their luggage with them at all times
4. Play then restarts with players dribbling

#### PROGRESSION

STEP UP: Add a defender (Passport Controller) who stops players going to a particular holiday destination

STEP DOWN: When holiday destination is called, players can carry ball in hands

#### OUTCOMES

- Dribbling with close control
- Practicing lots of different turns

### PART 4. FOOTBALL COORDINATION - RUNAWAY TRUCKS

#### SETUP

1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.
2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine".



#### HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
  - "Green Light" – Player begins to move
  - "Red Light" – Player stops
  - "1st Gear" – Player dribbles ball at slow pace
  - "2nd Gear" – Player dribbles ball at medium pace
  - "3rd Gear" – Player dribbles ball at fast pace
  - "U-Turn" – Player performs turn to face opposite way
  - "Somebody's in the way!" – Players make beeping noise

#### PROGRESSION

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ("engines off road")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

#### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure

### PART 3. FOOTBALL TECHNIQUE - TRUCKS & TRAILERS

#### SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Split the players into pairs, each pair starts without a ball



#### HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' moving around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

#### PROGRESSION

- BASIC: Add one ball between each pair  
 INTERMEDIATE: Each player has a ball  
 ADVANCED: Trucks have more than one trailer

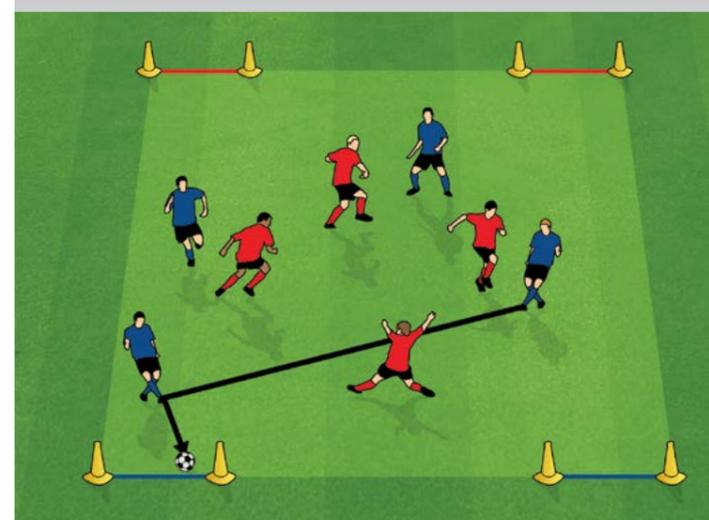
#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball

### PART 5. SMALL SIDED GAMES - 2 GOAL GAME

#### SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast restarts



#### HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

#### PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot  
 ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

#### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

# SESSION 2



**PART 1. 11+KIDS** Activities can be found on pages 13-15

## PART 2. GENERAL MOVEMENT - STATUES

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.



### HOW TO PLAY

1. Coach calls out a methods of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts "freeze" players must stop and hold their position with out moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

### PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to "freeze", including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

### OUTCOMES

- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

## PART 4. FOOTBALL COORDINATION - POKEMON GO

### SETUP

1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.
2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine".



### HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
  - "Green Light" – Player begins to move
  - "Red Light" – Player stops
  - "1st Gear" – Player dribbles ball at slow pace
  - "2nd Gear" – Player dribbles ball at medium pace
  - "3rd Gear" – Player dribbles ball at fast pace
  - "U-Turn" – Player performs turn to face opposite way
  - "Somebody's in the way!" – Players make beeping noise

### PROGRESSION

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ("engines off road")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

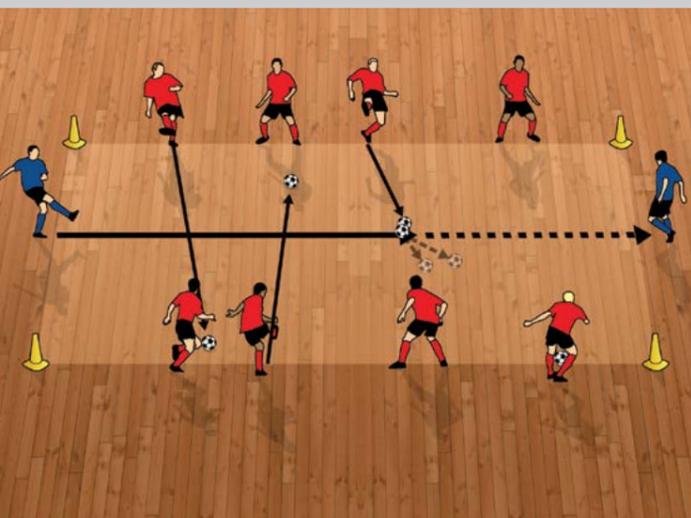
### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure

## PART 3. FOOTBALL TECHNIQUE - TORPEDOES

### SETUP

1. Area of up to 10 x 20m. This is "The Sea". Modify area depending on the number and age of players.
2. Players (Patrol Boats) are in pairs, with one ball (Missile) between two. Players are line up on opposite sides of the sea.
3. One pair of "Destroyer Boats" start at the narrow ends of the sea with a ball (Torpedo).



### HOW TO PLAY

1. Destroyer Boats send their torpedo (pass their ball) to each other with each successful pass resulting in a point.
2. Patrol Boats fire their missile (pass their ball) at the Destroyer Boat's torpedo whilst it is in the sea. If they successfully hit the torpedo then they become the Destroyer boats.
3. The Pair of destroyer boats that completes the most passes wins.

### PROGRESSION

- Players must use their right / left foot
- Destroyer boats must complete two successful Torpedo launches to get a point

### OUTCOMES

- Surface of ball use for the pass
- Weight / Accuracy of passing
- Receiving the Ball

## PART 5. SMALL SIDED GAMES - HIT THE TARGET

### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Divide the players into teams with bibs.
3. Have balls around the area to restart match.
4. Place four target cones at each end of the pitch, with a ball balancing on each.



### HOW TO PLAY

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones scoring 1 point each time
2. There are no throw ins, instead the ball is kicked in
3. Once a ball is knocked off the target cone it is replaced and match starts again

### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch
- Once ball is knocked off it is not replaced. First team to knock all four of oppositions balls off target cone wins
- Place target cones inside the playing area

### OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot

# SESSION 3

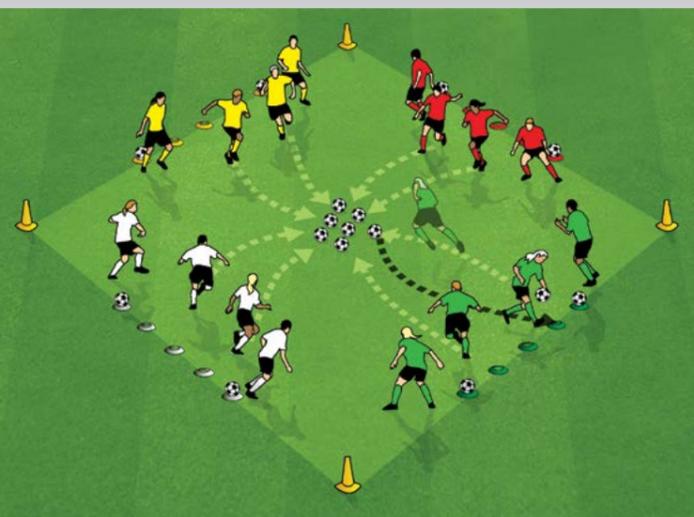


## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - CUCKOOS

#### SETUP

1. Area of up to 30x30m
2. Each area border to have 5 cones in a line. These are the team nests
3. 4 teams of "Cuckoos", with each team nominating a "Nest Defender"
4. Lots of footballs in the middle of the area. These are the "Eggs"



#### HOW TO PLAY

1. On the coaches call, all Cuckoos must collect as many "Eggs" from the centre and place them on a cone at their "Nest" (One Egg per Cuckoo)
2. Once "Eggs" are gone from the centre, Cuckoos are allowed to steal from other "Nests", without being tagged by a Nest Defender
3. If Cuckoo is tagged, they must return to their Nest before trying again
4. Play for 1 minute and see who has the most Eggs in their nest

#### PROGRESSION

STEP UP: Cuckoos must dribble their Eggs back to the Nest

STEP DOWN: Remove the Nest Defenders

#### OUTCOMES

- Dodging & weaving
- Acceleration and Deceleration
- Dribbling

### PART 4. FOOTBALL COORDINATION - CATCH ME IF YOU CAN

#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Players are split into 4 teams. 3 of the teams have a ball for each player (Robbers).
3. 4th team without ball start 5m behind other players (Cops).



#### HOW TO PLAY

1. When coach shouts "go" the robbers have to get to the other side without getting caught by the cops.
2. If robbers are caught they become cops and must try and catch robbers on a different team to theirs.
3. Next round starts from the opposite end.
4. Team with the last robber left wins.

#### PROGRESSION

- Bring in a ball each for cops
- Cops begin 3m away from the robbers
- Cops begin 2m away from the robbers

#### OUTCOMES

- Vision / Keeping head up
- Dribbling
- Acceleration

### PART 3. FOOTBALL TECHNIQUE - CONNECT IT

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a ball each



#### HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball around the area. On your call, the players stop and listen to you calling out two body parts, which each child has to join together, while still controlling the ball
3. Examples include nose to knee, knee to foot, foot to head

#### PROGRESSION

BASIC: Ask the players to connect one body part to the ball

Change the way the players move with the ball, eg. hopping or skipping

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Close ball control

### PART 5. SMALL SIDED GAMES - FIRST TO FIRE

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers stand either side of goal. 2 orange cones (5m apart) in front of coach with 2 balls in between.
3. All players are numbered on each team.



#### HOW TO PLAY

1. Players perform movements on line as requested by coach (jog on spot, star jumps etc).
2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
3. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.
4. Total team points score is kept by coach.

#### PROGRESSION

- Place cones in the goal – if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- Decrease to 1 ball – both players will then need to compete for the one ball.

#### OUTCOMES

- Accuracy of shooting
- Decision of type of shot – power, curl, chip etc
- Encourages working as a team / tactics

# SESSION 4

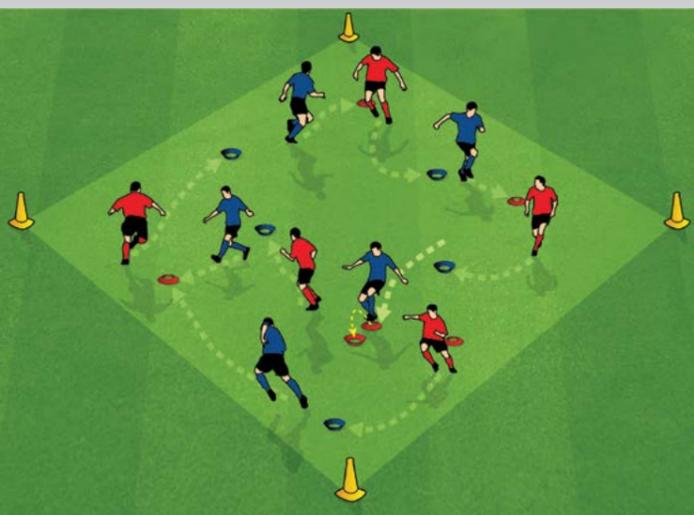


## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - DOMES & DISHES

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers.
3. Each player is given 1 cone each (all same colour).
4. Players are asked to find a space in the square and place their cone on the floor. One team places cone on floor as a "Dome" and the other team place cone upside down as a "Dish".



#### HOW TO PLAY

1. Teams have 1 minute to turn as many cones into either Domes or Dishes (which ever their team represents).
2. After 1 minute, coach counts the amount of Domes / Dishes and award a winner.

#### PROGRESSION

- Encourage players to try different movements by creating new rules. e.g running backwards / side stepping between cones / jumping over cones before turning them over.
- Introduce a ball for each player to dribble.

#### OUTCOMES

- Mobility when changing direction at speed
- Movement in different methods - forwards / backwards etc
- Encourages teamwork
- Vision & spatial awareness

### PART 4. FOOTBALL COORDINATION - GHOSTBUSTERS

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (Ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



#### HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'Ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 sec.
4. The players continue dribbling after the 20 sec. is completed

#### PROGRESSION

- BASIC: Change the part of the foot used to dribble  
 INTERMEDIATE: Players can only 'shoot' with their non-dominant foot

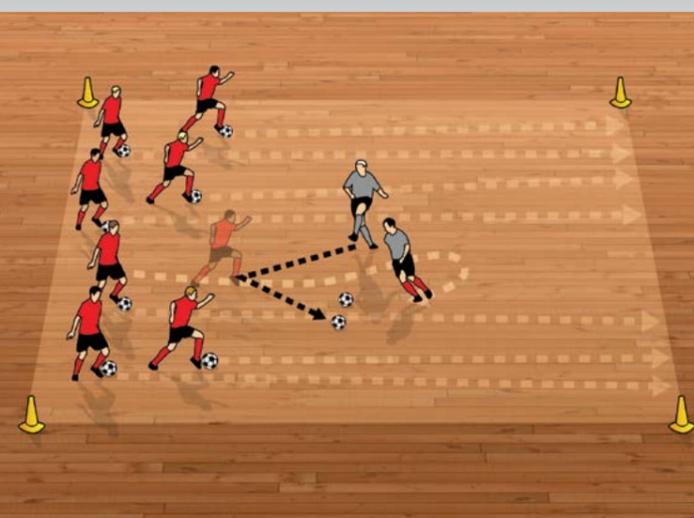
#### OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances

### PART 3. FOOTBALL TECHNIQUE - FISHY FISHY FISHY

#### SETUP

1. Area of up to 25x15m. This is the sea
2. Players are the fish & start at one end of the sea
3. Coach is the shark and begins in middle of sea with a ball



#### HOW TO PLAY

1. Shark begins game by shouting "Fishy, Fishy, Fishy come and swim in my sea"
2. Fish respond "Sharky, Sharky, Sharky you can't catch me" and try to swim (run) to the opposite shallow end of the sea
3. Sharks try to "eat" the fish by passing their ball and hitting player's below the knee or the player's ball
4. If fish is "eaten", they become a shark. The last fish swimming is the winner

#### PROGRESSION

- STEP UP: Players must dribble a ball as they swim through the sea  
 STEP DOWN: Sharks must link arms in pairs

#### OUTCOMES

- Dribbling with different parts of the foot
- Changing speed with the ball
- Using different fakes / turns to disguise

### PART 5. SMALL SIDED GAMES - 1 GOAL GAME

#### SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 1 goal at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



#### HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the goal they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

#### PROGRESSION

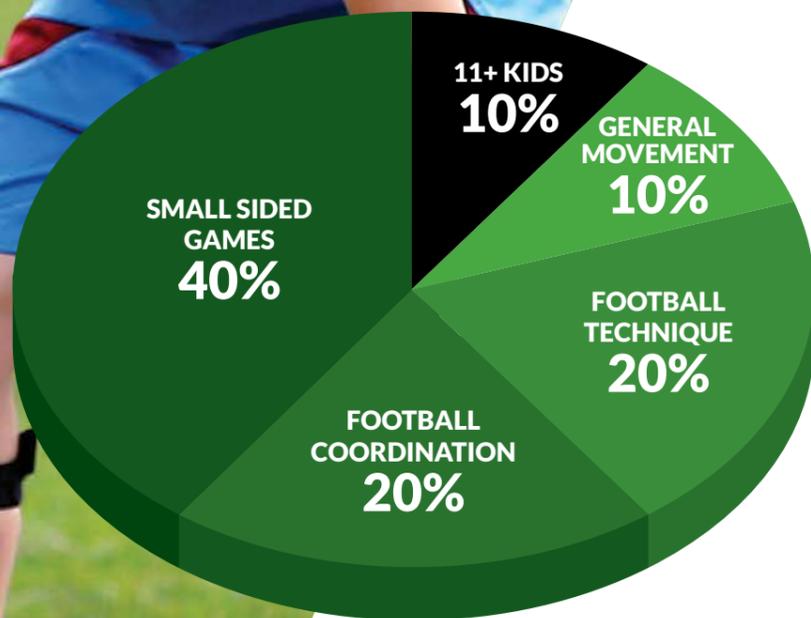
- INTERMEDIATE: Players can only use their non-dominant foot  
 ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

#### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

# TRAINING STRUCTURE

McDONALD'S FUN FOOTBALL (7-8 YEARS)



## FOCUS ON TRAINING

**11+**

11+ KIDS

### PART 1. 11+ KIDS AT A MORE CHALLENGING LEVEL

- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)
- All activities with a football in hands or at feet
- A focus on these fundamental movement patterns provides a foundation for players to learn more complex movement sequences later on.

### PART 2. GENERAL MOVEMENT

- Fun warm up activities to prepare players bodies and minds to play
- Tag games or team games with a friendly challenge
- Maximum engagement for all involved, with or without the ball

### PART 3. FOOTBALL TECHNIQUE

- Lots of touches of the ball, practicing core techniques whilst moving - dribbling, turning, shooting and passing
- Ball familiarisation should be a part of every session, incorporating the players imagination and lots of contact with the ball
- Lots of interference to help players observe their surrounding whilst playing
- Players practicing controlling a football from the ground or air

### PART 4. FOOTBALL COORDINATION

- Lots of opportunities to repeatedly practice core techniques under a challenge
- Games with at least low level of competition to ensure outside interference
- Involve decision making - when to use what type of technique
- Activities in small groups - 2v1s, 3v1s, 4v1s

### PART 5. SMALL SIDED GAMES

- SSG's should involve small numbers playing in small areas
- Two teams playing against each other aiming towards a target / goal
- Players forced to make decisions based from the rules of the game
- Conditions / Rules may be placed on the SSG to emphasis a particular technique
- Safe Zones provided to give players time and space where provided

#### TRAINING BEST PRACTICE

Training Duration - **60-75 minutes**

Recommended 1 training session and 1 game day per week

	DESCRIPTION	MINIMUM REQUIREMENTS	OPTIMAL
<b>1. STATION ROTATION</b> ***	Lots of junior players train together, due to the availability of players, game leaders or facilities	3 game leaders with 3 areas available	4 game leaders with 4 areas available

# SESSION 1



11+ KIDS

## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - TREASURE ISLAND

#### SETUP

1. Area of up to 30 x 20m is the Island. Modify area depending on the number and age of players. Split area into two halves with a line of cones.
2. Make a square of cones (treasure chest) at each end and place half of the balls (treasure) within the grid.
3. Split into even teams with bibs.



#### HOW TO PLAY

1. Players are pirates and they are safe in their own side of the Island.
2. Once pirates cross the centre line, the other team are allowed to tag them. Tagged pirate must return to their own treasure chest before attacking again.
3. Once players get inside the opponents treasure chest they are safe. They are allowed to dribble / carry one ball to their own side and place the ball within their own treasure chest.
4. Players are not allowed to stop opposition taking a ball back to their treasure chest.

#### PROGRESSION

- Players are allowed to pass one ball back to their treasure chest
- Players are allowed to stop the opposition dribbling / passing balls back to their treasure chest

#### OUTCOMES

- Awareness
- Change of running pace / direction
- Teamwork
- Long distance passes

### PART 4. FOOTBALL COORDINATION - ZOMBIELAND

#### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Have smaller 5x5m square in the middle – this is "Zombie land".
3. Coach begins as a Zombie, without a ball inside "Zombie land".
4. All other players ("Humans") are outside of the area with a ball each.



#### HOW TO PLAY

1. The Humans must try to dribble through zombie land without getting tagged (bitten) by the Zombie. Zombies are only allowed to move slowly.
2. If they get bitten by the zombie then they become one inside the smaller square.
3. Every successful trip through Zombie land gets a Human 1 point. 5pts means that a human can turn a Zombie back into a Human.
4. The only person that must remain a Zombie is the Coach.

#### PROGRESSION

- Start game with more zombies inside Zombie Land
- Zombies are allowed to move quicker
- A Zombie is allowed to live outside Zombie Land

#### OUTCOMES

- Dribbling with close control
- Vision & Awareness
- Change of direction & speed
- Team Work

### PART 3. FOOTBALL TECHNIQUE - MAGIC MIRRORS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are giving a number each for each team.



#### HOW TO PLAY

1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

#### PROGRESSION

- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

#### OUTCOMES

- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

### PART 5. SMALL SIDED GAMES - ROUND THE GOALS

#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Divide the players into two teams with bibs.
3. Have balls around the area ready to restart match.



#### HOW TO PLAY

1. In this game players score by passing / shooting in opponents goal.
2. There are no throw ins, instead the ball is kicked in.
3. When coach calls "Round the Goal", whoever is in possession stops ball. Both teams run around the back of the goal they are attacking and back onto field of play. First player to get to the ball continues the game, with the teams now attacking in the opposite direction.

#### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch.
- Introduce Goalkeepers.

#### OUTCOMES

- Awareness of other players
- Passing over short distances
- Dribbling under control using different parts of the foot

# SESSION 2



**PART 1. 11+KIDS** Activities can be found on pages 13-15

## PART 2. GENERAL MOVEMENT - FLAG TAG

### SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



### HOW TO PLAY

1. Players chase each other around the area, attempting to take snatch the flag off other players
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they play on, trying to snatch other flags
4. The game ends when the last player has their own flag snatched
5. The winner is the player who captures the most flags

### PROGRESSION

**INTERMEDIATE:** Create two teams – the winning team captures all the opposition flags first

**ADVANCED:** Give every player a ball to dribble while the play

### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control

## PART 4. FOOTBALL COORDINATION - 1v1 MULTI GOALS

### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Players are in pairs, in different coloured bibs.
3. One ball between each pair.
4. Place different coloured gates around the area.



### HOW TO PLAY

1. Players all play in a 1v1 against each other.
2. The aim is to score goals through the Gates, with out the ball leaving the area. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
3. If defending player wins the ball then they try to score through the gates.
4. Play for a set time or play till someone gets a set amount of goals.

### PROGRESSION

- Players can only score through certain colour gates
- If the ball goes out of play the opponent has a free shot
- Different colours of gates are worth different points

### OUTCOMES

- Shooting Technique – Look at the Ball / Standing foot next to ball on contact etc
- Use of body to shield ball
- 1v1 fakes and turns
- Dribbling

## PART 3. FOOTBALL TECHNIQUE - SHADOW SHOOTING

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Each player has a partner in a different colour bib.
3. Pairs have a ball between them.
4. Red player begins with the ball.



### HOW TO PLAY

1. Players in yellow move around the area. Players in red tries to keep up with them whilst dribbling.
2. When the coach shouts "freeze" the two players stop. The yellow player faces their partner and makes a goal using their legs. The red player tries to pass the ball between their legs to score a goal.
3. Players then change roles.
4. Play for a set time and see how many goals are scored.

### PROGRESSION

- Players to dribble with left/right foot
- Use different surface of foot to shoot
- Rotate partners
- Players have to score between another partners legs

### OUTCOMES

- Dribbling whilst changing direction
- Shooting Accuracy
- Decision Making – Shot Selection

## PART 5. SMALL SIDED GAMES - TARGET PLAYERS

### SETUP

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Insert two "end zones" at each end of the pitch. This is the areas for target players to play in.
3. Divide the players into 2 teams and bib accordingly (Reds / Blues).
4. 1 target player from each team starts in their team's "end zone".
5. Have footballs around the area to restart match quickly.



### HOW TO PLAY

1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
2. In order to score, teams must pass the ball to their target player, who lays off for a team mate to shoot unopposed.
3. Defenders are not allowed to enter their defensive end zone.
4. Rotate target players on a regular basis.

### PROGRESSION

- One defender is allowed to follow an attacker, once a target player has laid the ball off
- Target players are not allocated but any team player can move into the end zone at any point
- If team score a goal without using a target player = 1pt
- If team score a goal using a target player = 3pts

### OUTCOMES

- Short and long passing
- Supporting runs
- Receiving to play forwards
- Shooting with power or accuracy

# SESSION 3



## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - ESCAPE THE DRAGONS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players. Place 4 "castle gates" around the outside of the area.
2. Split into 2 teams, one team of Knights operating inside the circle (Prison) and one team of Dragons operating outside of the prison.
3. Number each Knight in the circle.



#### HOW TO PLAY

1. Knights are moving around inside the circle and Dragons moving around outside.
2. Coach shouts out a number and that Knight has to get to one of the Castle gates before the Dragon catches them.
3. Each time a Knight escapes, a point is awarded to their team.
4. Swap over teams so that they play the other role.

#### PROGRESSION

- Shout out two or more numbers
- Certain Castle Gates are locked and Knights must get a key (one of the Balls) before escaping through them
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging / escaping

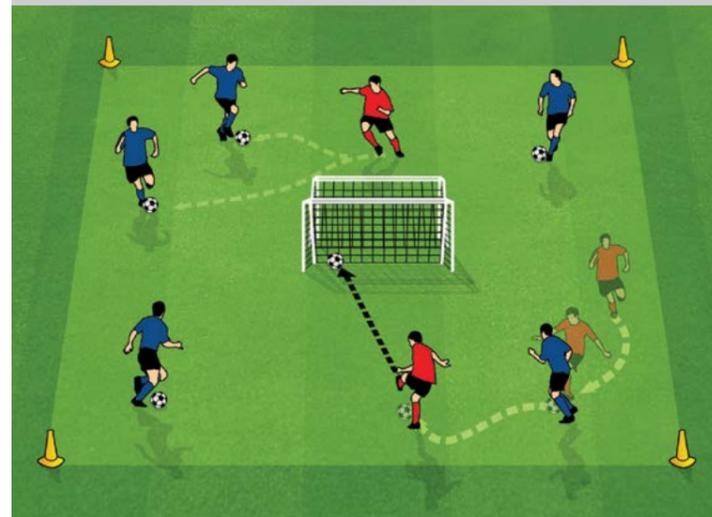
#### OUTCOMES

- Acceleration
- Change of pace / Direction
- Teamwork / Communication
- Fundamental Movements
- Dribbling

### PART 4. FOOTBALL COORDINATION - BUZZ OFF

#### SETUP

1. Area of up to 25x25m
2. 2 goals in the middle of the area, facing away from each other. This is the "Honey pot"
3. 2 players in bibs, without a ball. These are the "Bee Keepers"
4. All other players in area with a ball ("Bees"). The ball is their "Honey"



#### HOW TO PLAY

1. Bees dribble their ball (Honey) around the area
2. Bee Keepers try to steal the honey and put it in the Honey Pot
3. If a Bee loses their honey, they become a Bee Keeper
4. At the end of 1 minute, the Bees with honey are the winners

#### PROGRESSION

- STEP UP: Increase the number of Bee Keepers
- STEP DOWN: If a Bee loses its honey, it is able to get some more from the coach

#### OUTCOMES

- Dribbling with close control
- Passing weight & accuracy
- Receiving the ball away from a defender

### PART 3. FOOTBALL TECHNIQUE - KNOCK OUT

#### SETUP

1. Area of up to 20x20m
2. Each player has a ball each
3. All players begin inside the area



#### HOW TO PLAY

1. Players attempt to keep their ball inside the area
2. At the same time players also have to try and kick other people's ball out of the area
3. If a player has their ball kicked out of the area, they must retrieve it and dribble around 2 sides of the area before re-entering
4. At the end of 60 seconds, the remaining people inside the area are the winners

#### PROGRESSION

- STEP UP: If your ball is kicked out of the area, you become a defender
- STEP DOWN: Introduce safe zones where you can stay for a while and not be tackled

#### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender

### PART 5. SMALL SIDED GAMES - SHARP SHOOTER

#### SETUP

1. Area of approximately 45 x 30m. Modify area depending on the number and age of players. Split the pitch into 3 areas as shown below.
2. Two teams of equal numbers, all starting in the middle area. Except for a striker on each team who starts in the attacking third.
3. Footballs around the area to restart match.



#### HOW TO PLAY

1. Each team has to pass ball into striker in the attacking third.
2. Only the striker in attacking third can score for the team in a 1v1 with the GK.
3. Rotate striker on a regular basis.

#### PROGRESSION

- Striker has a time limit to score when they receive ball
- One defender can challenge attacker when the ball is played into attacking third
- Another attacker can join striker when ball is passed into attacking third
- Players in middle third must make a number of passes before passing into attacking third

#### OUTCOMES

- Vision and awareness
- Movement to receive the ball
- 1v1 Shooting - where to shoot in relation to the GK

# SESSION 4



11+ KIDS

## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - SLIP THROUGH THE NET

#### SETUP

1. Area of up to 30 x 20m, split into thirds. Modify area depending on the number and age of players.
2. Group divided into 3 teams, bibbed in a different colour.
3. 2 teams begin on the outside of each end of the area (Fish), with players in the middle third (Fisherman's Net).
4. Nets must be paired together, with each player only allowed to face in one direction only.



#### HOW TO PLAY

1. When Coach calls out a team the fish must try and travel through the middle third to get to the other side.
2. The Fisherman's Nets in the middle third try to tag (catch) players travelling through.
3. Fishes receive a point for travelling through successfully.
4. Fishes who are caught link in to one of the nets, facing the opposite direction to the player that they link next to.

#### PROGRESSION

- Introduce a ball for the fishes
- Both teams go at the same time
- Nets are allowed to both turn at once if required

#### OUTCOMES

- Fundamental Movement
- Change of direction / speed
- Teamwork & Communication

### PART 4. FOOTBALL COORDINATION - WAVES

#### SETUP

1. Area of up to 30x15m
2. 1 goal at the end of the area
3. Players behind starting cones in groups of increasing numbers. 1 player, then 2, then 3, then 4
4. 1 ball with each group



#### HOW TO PLAY

1. Group 1 (1 attacker) dribbles ball and shoots at the goal
2. After Group 1 have their shot, they turn and defend against Group 2 (2 attackers)
3. After Group 2 have their shot, they turn and defend against Group 3
4. After Group 3 have their shot, they turn and defend against Group 4
5. Once all groups have completed their attacks, the game is restarted

#### PROGRESSION

- STEP UP: Groups are provided with a time limit in which to score  
STEP DOWN: Group 1 defends for each attack - (2v1 / 3v1 / 4v1)

#### OUTCOMES

- Dribbling with close control
- Passing weight & accuracy
- Receiving the ball towards the goal

### PART 3. FOOTBALL TECHNIQUE - MOVING GOALS

#### SETUP

1. Area of up to 30x20m
2. 2 "Goals" in area. Goals are made of 2 players holding one end of a bib each
3. All other players have a ball each



#### HOW TO PLAY

1. The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them
2. Players dribble around and try to score by kicking the ball between goal, underneath the bib. "Players follow their shot to collect the ball and continue
3. 1 point for every goal. Try to score as many points as possible in 90 seconds

#### PROGRESSION

- STEP UP: Players have to take shots with alternate feet  
STEP DOWN: Moving goals can only move at walking speed

#### OUTCOMES

- Shooting Accuracy
- Shooting Power
- Timing of the shot

### PART 5. SMALL SIDED GAMES - SUPPORTERS

#### SETUP

1. Area of up to 40x30m
2. 2 Goals at each end of area
3. 3 teams
4. 1 of the teams start around the outside of the pitch. These are the "Supporters"



#### HOW TO PLAY

1. Teams take part in a regular Small Sided Game
2. "Supporters" play for the team in possession
3. "Supporters" can not be tackled and must remain on the outside of the pitch

#### PROGRESSION

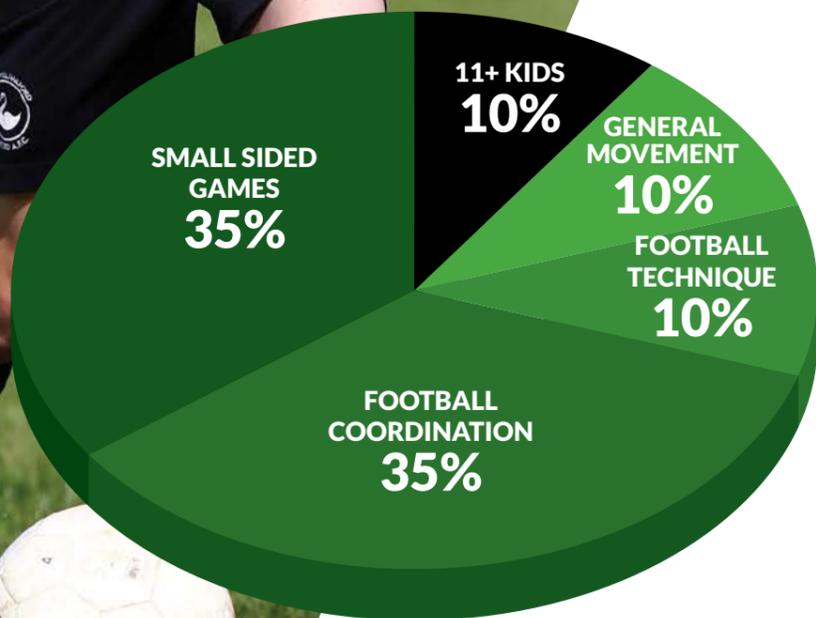
- STEP UP: "Supporters" can be tackled by players from the inside  
STEP DOWN: 2 "Supporters" can play inside the pitch

#### OUTCOMES

- Receiving the ball with different parts of the body
- Receiving the ball towards the goal
- Receiving the ball away from defender

# TRAINING STRUCTURE

McDONALD'S MINI FOOTBALL (9-12 YEARS)



## FOCUS ON TRAINING

11+

11+ KIDS

### PART 1. 11+ KIDS AT THE HIGHEST LEVEL

- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)
- All activities with a ball at the feet where possible
- More complex movement patterns that are clearly linked to football skills.

### PART 2. GENERAL MOVEMENT

- Fun warm up activities to prepare players bodies and minds to play
- Group tag games or multi - team games with a friendly challenge
- More relative to Football itself, with ball at the feet most of the time

### PART 3. FOOTBALL TECHNIQUE

- Repeatedly practice techniques including dribbling, turning, shooting and passing in a random environment
- Constant interference to help players perceive their surroundings and make decisions based on the information obtained
- Execution of the technique whilst under pressure

### PART 4. FOOTBALL COORDINATION

- Lots of opportunities to repeatedly practice core techniques in a game related scenario
- Small competitions and games should be used to motivate players to use appropriate techniques
- Lots of decision making – how and when to use what technique?
- More challenging activities in smaller groups – 2v2s, 3v2s, 4v3s

### PART 5. SMALL SIDED GAMES

- Two teams playing against each other aiming towards a target / goal
- More opportunities to work as a team or with other players
- Conditions / Rules may be placed on the SSG to emphasis a particular technique
- Overloads used to provide players with additional challenge

#### TRAINING BEST PRACTICE

Training Duration - 75-90 minutes

Recommended 2 training sessions and 1 game day per week

	DESCRIPTION	MINIMUM REQUIREMENTS	OPTIMAL
<b>3. TEAM-BASED TRAINING</b>	A team of players and game leader train together throughout the season. Rather than working through stations, time is allocated to the key training components	1 game leader with 1 area available	1 game leader with 2 areas available

# SESSION 1



## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - CAPTURE THE FLAG

#### SETUP

1. Area of up to 30x20m, split into thirds
2. Teams start at their end of the area, in the "Team Base"
3. Balls (Flags) on cones at each end of area



#### HOW TO PLAY

1. Each team must enter the other teams base and then try to capture a flag. Once player has the flag they are safe to return to home base
2. Opposition players can stop the other team by tagging them in their base. The attacking player must then return to their own base before they can attack again
3. 3 minute games, who can steal the most opposition flags?

#### PROGRESSION

STEP UP: Players must dribble ball back to home base

STEP DOWN: Players can carry ball back to home base in hands

#### OUTCOMES

- Dodging, weaving, acceleration
- Dribbling speed and direction
- Awareness of roles and responsibilities (defence/attack)

### PART 4. FOOTBALL COORDINATION - STEAL

#### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Split into two equally sized teams with players given an individual number each.
3. Split the pitch into two halves.
4. Each team to have 1 ball.



#### HOW TO PLAY

1. Both teams begin by passing the ball to each other.
2. When coach calls a number, that player becomes the "Snatcher", entering the opposition half. The Snatcher has 20 seconds to win the ball.
3. Teams awarded 1 point if their "Snatcher" touches the ball, 2pts if they pass it back to their own area and 3 points if they dribble it back.

#### PROGRESSION

- Limit number of touches for the passers.
- Send two "Snatchers" in.

#### OUTCOMES

- Defending – closing down opposition
- Passing accuracy, angle and weight
- Decision Making - pass to feet or space
- Movement after a pass has been played

### PART 3. FOOTBALL TECHNIQUE - 2v1s

#### SETUP

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Set up 6 cones and one goal as shown in diagram.
3. Divide the players into 2 teams and bib accordingly.
4. All footballs are placed by the coach.
5. Blue team line up at cones A & B. Red team line up at cones C & D.



#### HOW TO PLAY

1. When coach shouts "Go", one Blue player runs from Cone A and 1 from Cone B (as shown in diagram). Coach then passes a ball to the two attackers.
2. As the blue attackers run around the cone a red defender can come out and try to win the ball.
3. Blue team have 10 seconds to score in the goal.
4. If defender wins possession of the ball they attempt to pass it back to the coach.
5. Change over defending and attacking teams.

#### PROGRESSION

- 2 attackers vs 2 defenders
- 3 attackers vs 2 defenders
- Upon winning possession, defender must dribble the ball over the start line
- Decrease the amount of time to score to 8 seconds

#### OUTCOMES

- Awareness and vision of the supporting players
- Movement to support player in possession
- Decision making – when to pass / when to shoot
- Passing weight and accuracy
- Receiving a pass to shoot

### PART 5. SMALL SIDED GAMES - FIRST TIME FINISH

#### SETUP

1. Area of up to 50x30m
2. 2 Goals at each end of area
3. 2 teams



#### HOW TO PLAY

1. Teams take part in a regular Small Sided Game
2. Teams are given 3 goals if they score with a first time finish (scoring with their first touch when receiving the ball)
3. When a team scores, they retreat to ½ way line, allowing the opposition to start play
4. There are no throw ins, rather the ball is passed in

#### PROGRESSION

STEP UP: Introduce a GK or defender to guard the goals

STEP DOWN: Introduce a "safe zone" that players can shoot from unopposed

#### OUTCOMES

- Shooting Accuracy
- Shooting Power
- 1st time shooting

# SESSION 2



## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - ZOO ESCAPE

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Set up 8 Zoo Gates, 2 on every side of the Zoo.
3. Animals in Red are in the Zoo Park, with each of the 4 Blue Zookeepers standing next to a pair Zoo Gates.



#### HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after each gate
2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates. Zookeepers stop animals escaping by tagging them
3. If animals escape they score 1 point and then re-enter to start again

#### PROGRESSION

- Introduce ball each for animals to have in hands / at feet
- Introduce ball each for Zookeeper to have at feet
- Use a different "trigger" for Zoo Escape. For example, instead of coach shouting they could bounce a ball instead (Vision & Awareness)

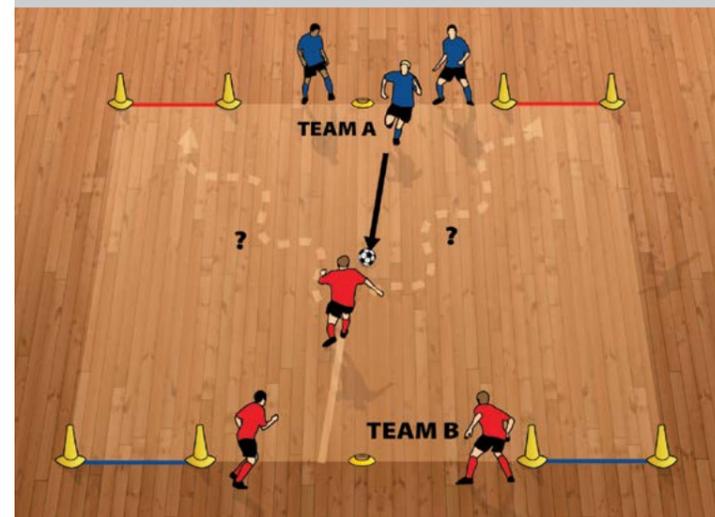
#### OUTCOMES

- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration

### PART 4. FOOTBALL COORDINATION - GLADIATORS

#### SETUP

1. Create an area up to 15m x 20m
2. Set up a goal 3m in size with large or different coloured cones on each corner of the area (two 3m goals at either end of the area)
3. Divide players into 2 teams of 'gladiators' and set them up at either end of the area behind the centre cones



#### HOW TO PLAY

1. Team A start with a ball each and team B start without a ball
2. Team A pass the ball to team B, follow their pass and then work as a defender. The team B 'gladiator' receiving the pass moves to receive the ball and tries to beat their opponent by performing a fake and dribbling through their target goals
3. If the defending gladiator wins the ball they must try to dribble the ball through their target goals
4. Players change roles after each turn (defending players become attackers and vice versa)

#### PROGRESSION

- INTERMEDIATE: Specify one goal (left or right) that players must dribble through
- ADVANCED: Two attacker vs. two defenders

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Using fakes and turns to beat a defender

### PART 3. FOOTBALL TECHNIQUE - GATEKEEPERS

#### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.
3. All players in Red have a ball each. 2 or 3 players in Blue are without a ball (Gate Keepers). Or the Coach can be the Gate Keeper.
4. Place 4 Goals around the outside of the area.



#### HOW TO PLAY

1. Reds dribble through the Gates and get a point each time they do.
2. Gate Keepers stop the reds from dribbling through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.
3. Play for a set time and see how many points each player wins.
4. Switch team roles.

#### PROGRESSION

- Increase / decrease the number of gates
- Increase / decrease the number of Gate Keepers
- Gate Keepers are allowed to win the ball. If they do, they are allowed to score in one of the goals, resulting in the attackers score reducing to zero

#### OUTCOMES

- Dribbling with low centre of gravity
- Change of pace & direction
- Awareness – keep head up to know which gates are free

### PART 5. SMALL SIDED GAMES - REBEL ATTACK

#### SETUP

1. Area of up to 50x35m
2. 2 Goals at each end of area
3. 2 Teams, the Jedis and the Stormtroopers
4. All players on Jedi team start with a ball each



#### HOW TO PLAY

1. When the Coach says "Use the Force", the Jedis attack the Storm Trooper's Goal
2. If a player's ball goes off the pitch (or a goal is scored), they leave it and join in with another attack
3. If the Stormtroopers win a ball they can attack the Jedi goal
4. Play continues until there is only 1 ball left on the pitch. The game then becomes a normal match
5. Play for 5 minutes, until resetting to the original set up but Stormtroopers have the ball

#### PROGRESSION

- STEP UP: Continue with a ball each, until a goal is scored
- STEP DOWN: Both Jedis and Stormtroopers have a ball each at the start of the game

#### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and deceleration with ball
- Decision Making – when to pass / shoot / dribble

# SESSION 3



## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - TAGS & TRICKS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 squares (3x3m) in each corner of the square. Each square has a specific challenge.
3. 2 teams of equal numbers (red and blue) plus one team of two chasers (yellow).



#### HOW TO PLAY

1. Yellow team chase first. When they tag a Red / Blue they must tell the player which corner square to enter and perform challenge.
2. After player performs challenge they are allowed back into the main area.
3. If all players from red team are performing challenges in corner squares, blues win (and vice versa).

#### PROGRESSION

- Increase number of players in chasing team.
- Increase difficulty of challenges performed in corner squares.
- Introduce a ball for players in the main area.

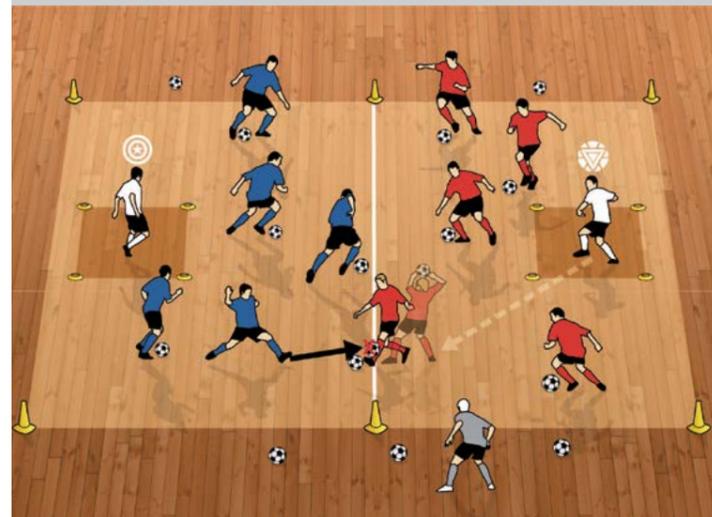
#### OUTCOMES

- Encourages players to be comfortable on the ball
- Develops spatial awareness
- Develops balance

### PART 4. FOOTBALL COORDINATION - AVENGERS ASSEMBLE

#### SETUP

1. Area of up to 30x15m. With two 2x2m "Bases" at each end
2. 2 teams - Team "Captain America" & Team "Iron Man"
3. 2 nominated players become "Captain America" & "Iron Man", starting without a ball at the "Bases" at each end of area
4. All other players have a ball each inside the area



#### HOW TO PLAY

1. When coach says "go", players try to kick their ball against an opponents legs (below knee) to catch them
2. If a player is caught they must stand still holding their ball above their head
3. A caught player can be released by their team leader (Iron Man or Captain America), who must run out of the base and tag the player who is caught
4. A team wins if they either:
  - catch every player on the other team or
  - they manage to catch the opponents captain (Iron Man or Captain America) when they are out of base

#### PROGRESSION

STEP UP: Players are "caught" if their own ball goes outside of the area

STEP DOWN: Introduce 2 captains for both teams

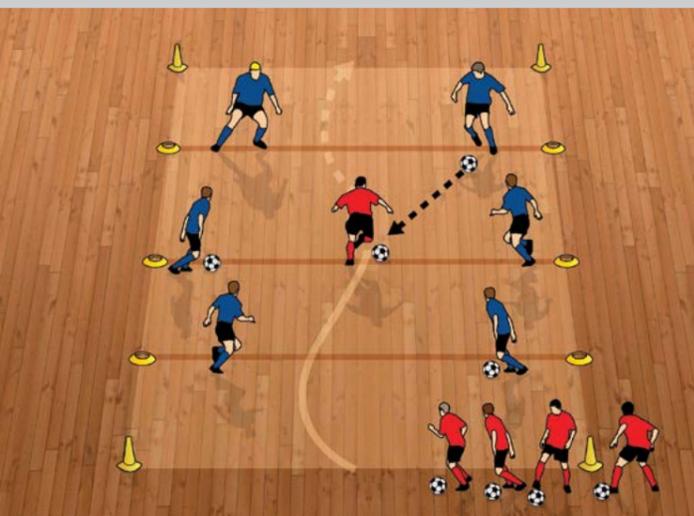
#### OUTCOMES

- Shooting Accuracy
- Shooting Power
- Timing of the shot

### PART 3. FOOTBALL TECHNIQUE - RUN THE GAUNTLET

#### SETUP

1. Create an area 25m x 15m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (blue) and 'targets' (red)
3. Assign the 'shooters', in pairs, to a section of the area. Each pair shares one ball
4. Give the 'targets' one ball each



#### HOW TO PLAY

1. The 'shooters' line up vertically at intervals either side of the area
2. The 'targets' line up a with a ball each at the start of the area
3. On your signal, the first 'target' tries to dribble past the first pair. The first pair of 'shooters' tries to hit the 'targets' ball by passing their ball
4. If the 'targets' ball gets hit they must start again from the back of the line
5. If the 'target' passes the first pair the next in line starts as the first 'target' continues toward the end
6. The 'shooters' get a point for each hit, and the 'target's get two turns each

#### PROGRESSION

BASIC: Change the part of the foot used to dribble  
 INTERMEDIATE: Players can only pass the ball at the 'target' with their non-dominant foot

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing

### PART 5. SMALL SIDED GAMES - BATTLE

#### SETUP

1. Area of up to 50x35m
2. 2 Goals at each end of area
3. 2 teams
4. Players on each team are provided a number (1-5 for example)



#### HOW TO PLAY

1. Teams play in a regular small sided game, aiming to score in the opponents goal
2. As well as the overall team score, players can have a 1v1 battle against their opposing player (of the same number). If they are able to dribble passed their opponent, they score 1 point for their individual battle

#### PROGRESSION

STEP UP: Players receive 3 points if they dribble passed 2 players

STEP DOWN: Introduce gates on the pitch. Each time a player dribbles through the gates they receive a point

#### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender

# SESSION 4



## PART 1. 11+KIDS Activities can be found on pages 13-15

### PART 2. GENERAL MOVEMENT - ESCAPE TO VICTORY

#### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Have a coned area in the centre which is the prison.
3. Have a set number of players in the prison to start with and 3 guards protecting the prison.



#### HOW TO PLAY

1. In this game the objective is for the attackers to break into the prison and help the prisoners to escape.
2. Guards defending the prison try to tag attackers attempting to break in. If an attacker gets tagged they must go to the outside of the large area before trying to break in again.
3. Attackers have two lives each. If they are tagged twice they then become prisoners. If prisoners escape then they become attackers and attempt to free others.
4. If the prison guards capture all prisoners then they win the game. If all prisoners escape and break out of the overall area then they win the game.

#### PROGRESSION

- Make prison bigger or smaller
- Guards can only move sideways
- Attackers have 1 minute to get as many prisoners freed as possible
- Add a ball each for attackers and / or the Prison Guards

#### OUTCOMES

- Change of Pace / Direction
- Acceleration / Deceleration
- Dodging and deception
- Teamwork & Communication

### PART 4. FOOTBALL COORDINATION - END GOALS

#### SETUP

1. Area of up to 40x20m
2. 2 goals at each end of the area
3. 2 teams, with each team player numbered (1-5 for example)
4. Teams begin beside the goal which they are defending



#### HOW TO PLAY

1. Coach passes a ball into the middle of the pitch and calls a number
2. The player of that number from each team runs out to the middle and attempts to score in the opposition goal
3. Play continues until a goal is scored or the ball goes out of play
4. Coach then calls another number and passes another ball onto the pitch

#### PROGRESSION

STEP UP: Coach calls out more than one number to create 2v2s or 3v3s

STEP DOWN: Coach kicks 2 balls on to the pitch when calling a number. Both players receive a ball and it is the first to score

#### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender

### PART 3. FOOTBALL TECHNIQUE - STAR WARS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 2 teams equal teams, the "Jedis" and the "Storm troopers". Teams have different coloured bibs.
3. Storm Troopers on the outside of the area and the Jedis inside.
4. Storm Troopers with a ball each.



#### HOW TO PLAY

1. Teams inside the area nominate a player to be the Jedi Master without any other teams knowing who it is.
2. Jedis move around as they wish. Storm Troopers try to shoot the Jedis by passing the ball and hitting them below the knee. If Jedis get hit, they must freeze on the spot.
3. Frozen Jedis can only be freed if they are tagged by the Jedi Master. If the Jedi Master gets hit, then other players can't be freed.
4. How many players can be frozen in 30 secs / 1 minute.
5. Change over teams. Instead of having a Jedi Master, the Storm Troopers have "Darth Vader" who performs the same role.

#### PROGRESSION

- Allow 2 Jedi Masters.
- Storm Troopers can only use weaker foot.

#### OUTCOMES

- Fundamental Movement - Dodging, Jumping etc
- Change of direction / speed
- Shooting accuracy
- Power of shot

### PART 5. SMALL SIDED GAMES - PASS MASTER

#### SETUP

1. Area of up to 50x35m
2. 2 Goals at each end of area
3. 2 teams



#### HOW TO PLAY

1. Teams play in a regular small sided game, aiming to score in the opponents goal
2. The number of passes that a team manages to complete in the move that leads to a goal, is the amount of goals awarded
3. For example - 5 passes completed before a goal is scored = 5 goals

#### PROGRESSION

STEP UP: Players receive 3 points if they manage to complete a "1-2"

STEP DOWN: Teams receive a goal for each 3 passes that they complete in a row

#### OUTCOMES

- Receiving the ball with different parts of the body
- Receiving the ball towards the goal
- Receiving the ball away from defender

# McDONALD'S JUNIOR FRAMEWORK GAMEDAYS



# McDONALD'S JUNIOR FOOTBALL GAMEDAYS

## MODELS FOR AGE APPROPRIATE GAME DAYS

Game day is an exciting experience for all involved. Filled with fun activities and games in a positive environment, the game day allows players to practice what they have learnt in a slightly more competitive environment. There are different models of delivery for Game Day and two which have been very successful across New Zealand are listed below:



### 1. CENTRAL VENUE HUBS

This involves a number of clubs travelling to one venue, where multiple fixtures take place. The Central Venue may alter each week, with a host club taking responsibility for organizing Game Day on that particular weekend.

This has been successful for a number of reasons:

#### A FUN AND EXCITING ATMOSPHERE

Having numerous club's players, coaches and parents attending one venue leads to a larger event. This results in a fun, festival atmosphere, providing an exciting experience for the players involved.

#### INCREASED SOCIAL BENEFITS FOR PLAYERS

Players have the chance to develop their social skills further through experiencing a variety of environments and playing

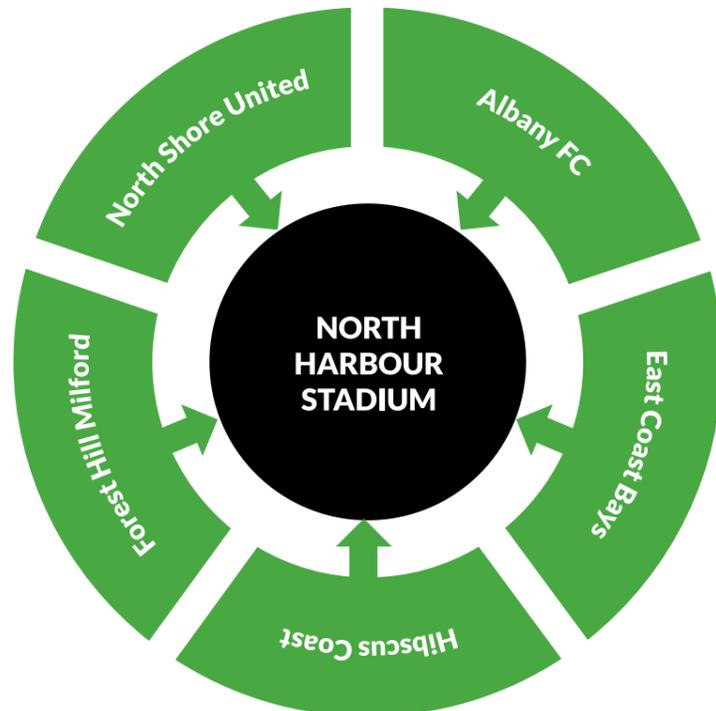
with and against different children. This will provide a number of scenarios that will support their growth as a person.

#### REDUCED EMPHASIS ON COMPETITION AND WINNING

The focus on game day should be on player enjoyment and development, with less emphasis placed upon the result of the game. Multiple games against different clubs results in players moving on quickly from previous results and focusing on the upcoming chance to play.

#### LIMITED RELIANCE ON CLUB VOLUNTEERS REGULARLY

With the lack of regular home fixtures for participating clubs, the pressure on volunteers and facilities is reduced and shared across all clubs.



### 2. CLUB INTERNAL GAME DAYS

This involves a club hosting its own individual game days at their own pitches. Registered players for that club only will attend each week to play football games against each other.

#### FAMILIARITY FOR PLAYERS

Players may feel more comfortable in a location and environment that they are familiar with, leading to more chance of them trying new things on and off the pitch.

#### CLEAR, EFFICIENT ORGANISATION

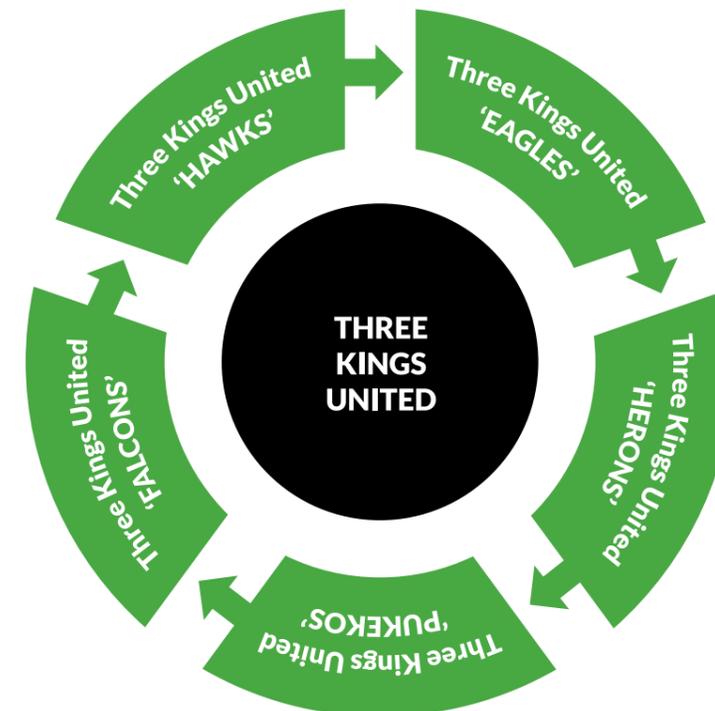
Volunteers involved in setting up and operating a game day are able to become acquainted to their roles and responsibilities. This allows them to refine and improve the delivery each week, ensuring that the best experience is had by all attending.

#### GAMES PLAYED AT A GUARANTEED VENUE AND TIME ON A REGULAR BASIS

The familiar routine makes it easy for parents, coaches, game leaders, administrators and spectators to plan their time and commit to the framework on a weekly basis.

#### MONEY INCOME FOR CLUB

Having a large number of people in one venue each week can generate income through club led initiatives, such as coffee carts or raffles, or by acquiring sponsors.



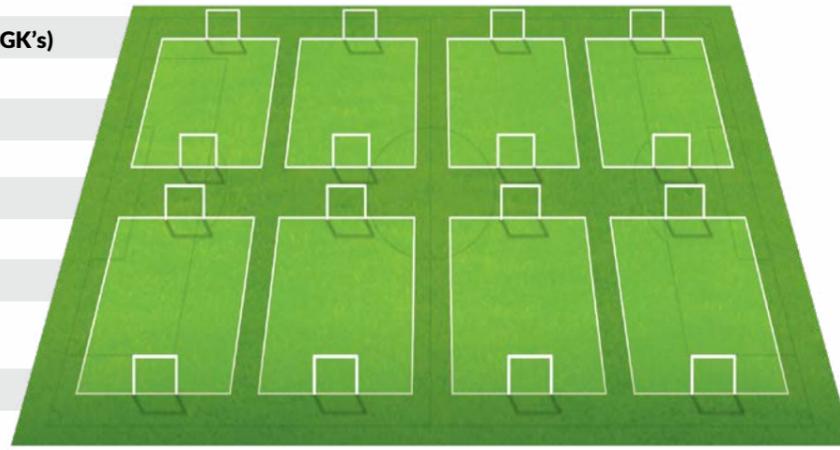
# GAMEDAY FORMAT

The playing formats for game day are based on world-best practice, the developmental needs of players and the reality of football in New Zealand. New Zealand Football suggest that fun activities are played before games to ensure maximum touches on the ball for all involved.

## McDONALD'S FIRST KICKS (4-6 YEARS)

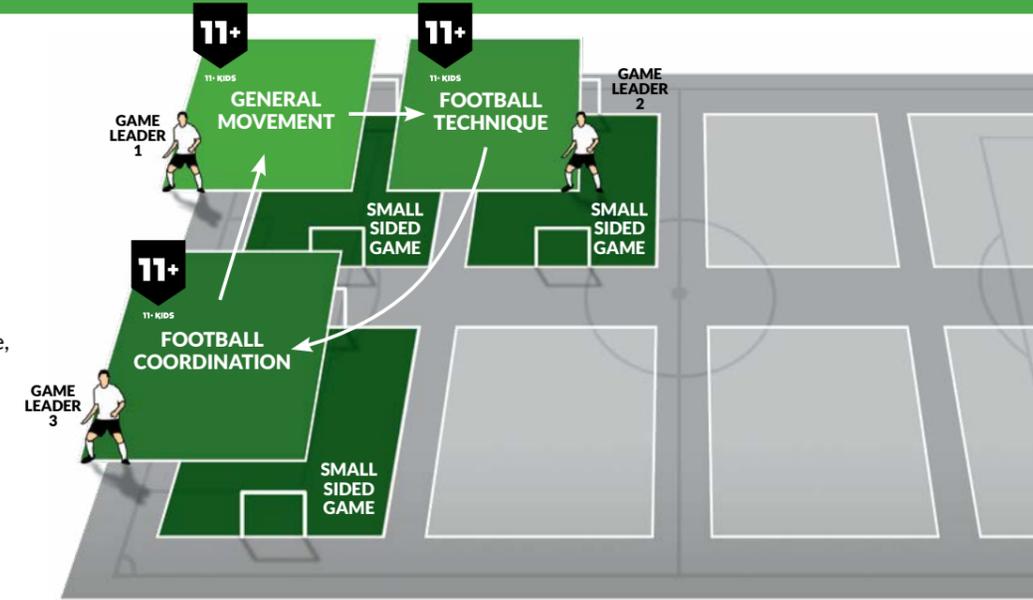
### FOOTBALL GAMEDAY SETUP

Format	<b>3v3 or 4v4 (without GK's)</b>
Minimum field size	<b>20 x 15m (3v3)</b>
Maximum field size	<b>30 x 20m (4v4)</b>
Minimum goal size	<b>1.5 x 0.90m</b>
Maximum goal size	<b>2 x 1m</b>
Ball Size	<b>3</b>
Contact time	<b>45-60 minutes</b>
Contact frequency	<b>2 x per week including Game day</b>
Max. Mini Pitches per field	<b>8</b>
No league, just play	



### FOOTBALL GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups
- Allocate each group a mini playing area
- Rotate 3 x 8-10 minute station activities (11+ Kids, General Movement, Football Technique, Football Coordination)
- Followed by 3 x 10 minute Small Sided Games



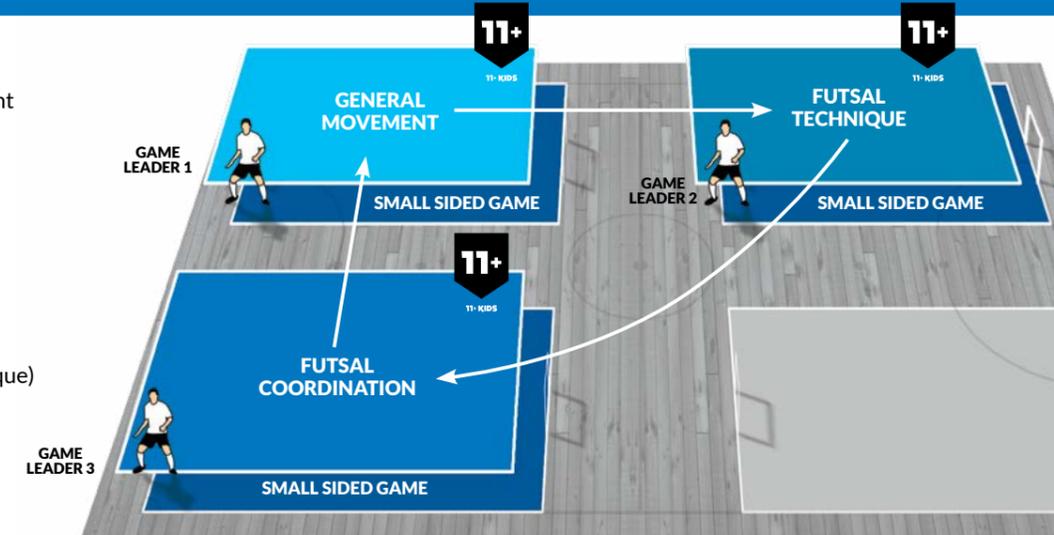
### FUTSAL GAMEDAY SETUP

Format	<b>3v3 (without GK's)</b>
Minimum court size	<b>16 x 8m</b>
Maximum court size	<b>21 x 14m</b>
Goal size	<b>2 x 1m</b>
Ball Size	<b>Size 3 Futsal</b>
Contact time	<b>45 - 60 mins</b>
Contact frequency	<b>2 x per week including Game day</b>
Max. Mini Courts per area	<b>4</b>



### FUTSAL GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups
- Allocate each group a mini playing area
- Rotate 3 x 8-10 minute station activities (11+ Kids, General Movement, Futsal Coordination, Futsal Technique)
- Followed by 2-3 x 10 minute Small Sided Games



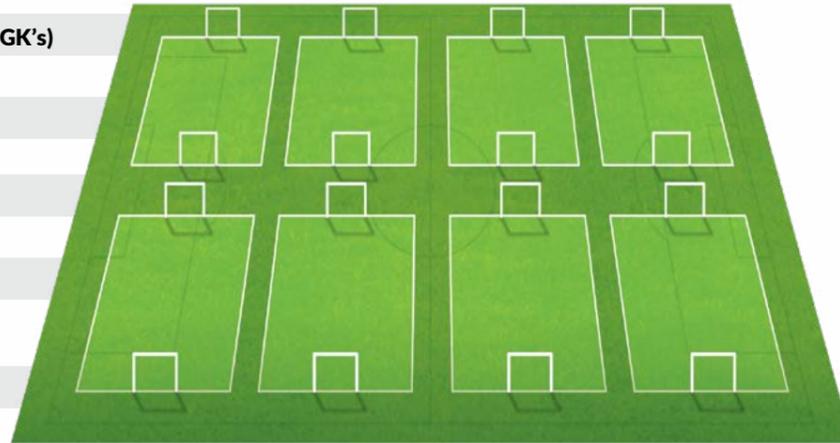
<b>OPTIMAL</b>	Station Rotation (GM, FC & FT) and 3 x 10 minute SSG (3v3/4v4)	<b>FLEXIBLE OPTION</b>	GM, FC or FT warm-up and 3 x 10 minute SSG (3v3/4v4)
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# GAMEDAY FORMAT

## McDONALD'S FUN FOOTBALL (7-8 YEARS)

### FOOTBALL GAMEDAY SETUP

Format	<b>4v4 or 5v5 (without GK's)</b>
Minimum field size	<b>30 x 20m</b>
Maximum field size	<b>40 x 30m</b>
Minimum goal size	<b>1.8 x 0.90m</b>
Maximum goal size	<b>2 x 1m</b>
Ball Size	<b>3</b>
Contact time	<b>60-75 minutes</b>
Contact frequency	<b>2 x per week including Game day</b>
Max. Mini Pitches per field	<b>8</b>
No league, just play	



### FUN FUTSAL (7-8 YEARS)

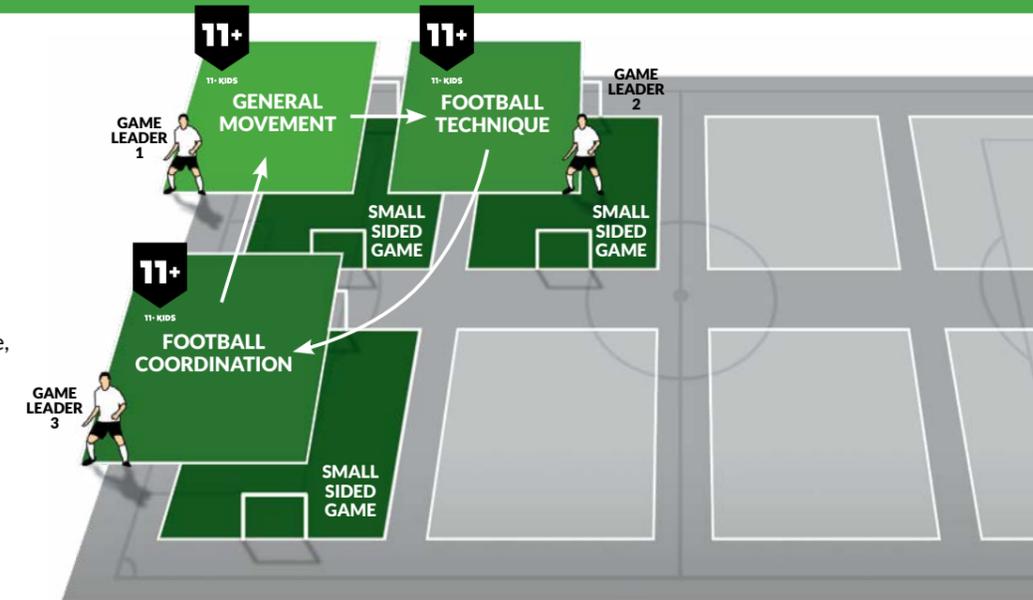
### FUTSAL GAMEDAY SETUP

Format	<b>4v4 (without GK's)</b>
Minimum court size	<b>16 x 12.5m</b>
Maximum court size	<b>25 x 21m</b>
Goal size	<b>2 x 1m</b>
Ball Size	<b>Size 4 Futsal</b>
Contact time	<b>45 - 60 mins</b>
Contact frequency	<b>2 x per week including Game day</b>
Max. Mini Courts per area	<b>3</b>



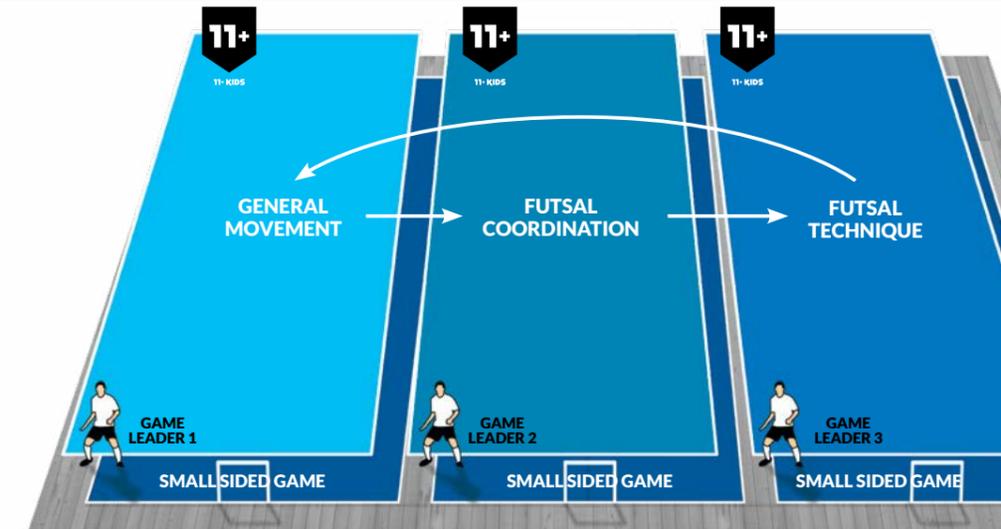
### FOOTBALL GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups
- Allocate each group a mini playing area
- Rotate 3 x 8-10 minute station activities (11+ Kids, General Movement, Football Technique, Football Coordination)
- Followed by 4 x 10 minute Small Sided Games



### FUTSAL GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups
- Allocate each group a mini playing area
- Rotate 3 x 8-10 minute station activities (11+ Kids, General Movement, Futsal Coordination, Futsal Technique)
- Followed by 3 x 10 minute Small Sided Games



**OPTIMAL**

Station Rotation (GM, FC & FT) and 4 x 10 minute SSG (4v4/5v5)

**FLEXIBLE OPTION**

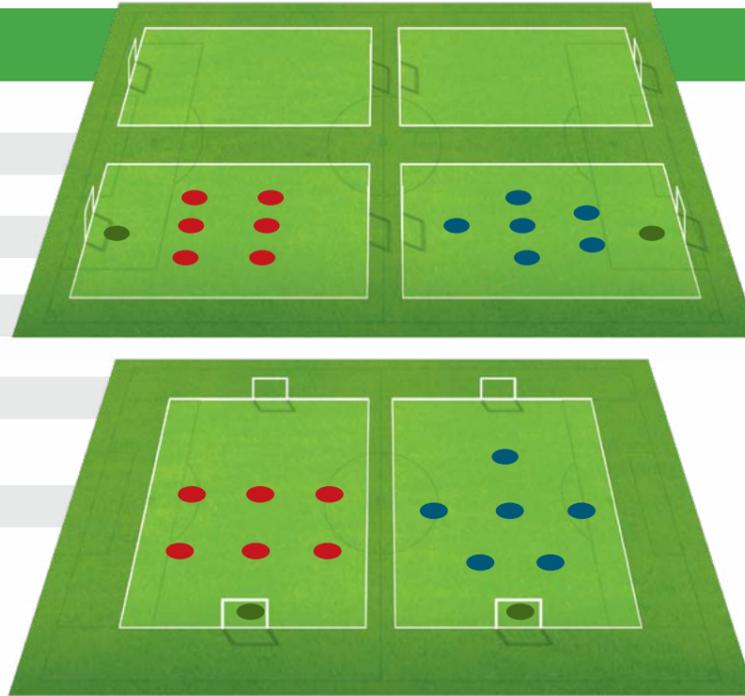
GM, FC or FT warm-up and 4 x 10 minute SSG (4v4/5v5)

# GAMEDAY FORMAT

## McDONALD'S MINI FOOTBALL (9-12 YEARS)

### GAMEDAY SETUP (9-10 YEARS)

Format	<b>7v7 (with GK's)</b>
Minimum field size	<b>45 x 30m</b>
Maximum field size	<b>55 x 35m</b>
Minimum goal size	<b>3.8 x 1.9m</b>
Maximum goal size	<b>4 x 2m</b>
Ball Size	<b>4</b>
Contact time	<b>75-90 minutes</b>
Contact frequency	<b>3 x per week including Game day</b>
Max. Mini Pitches per field	<b>4</b>
Formal Competition	<b>Home &amp; Away</b>



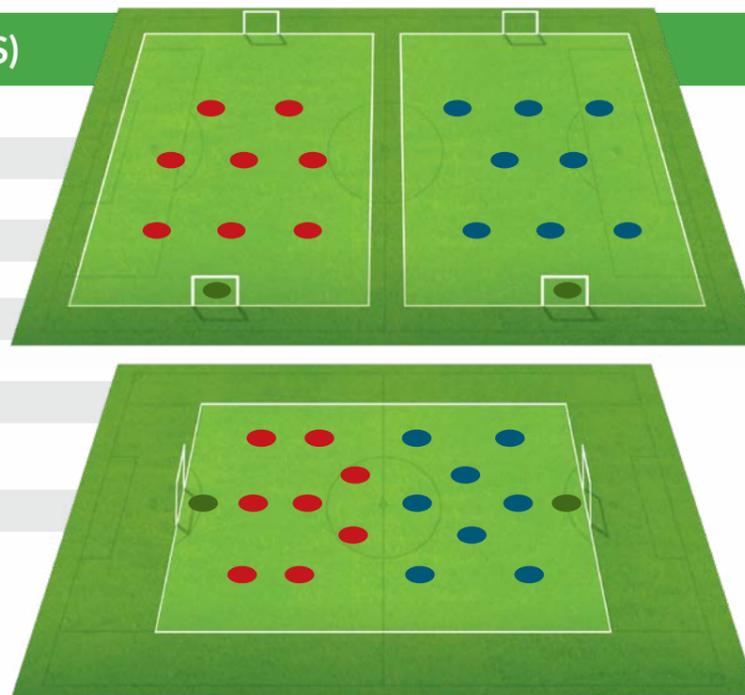
### FOOTBALL GAMEDAY OPTIMAL REQUIREMENTS - 7v7

- 1 x 10 minute station activity (11+ Kids, Football Coordination or Football Technique)
- 25 minute game
- 8 minute rest/changeover period
- 25 minute game (against the same opposition or a different team)



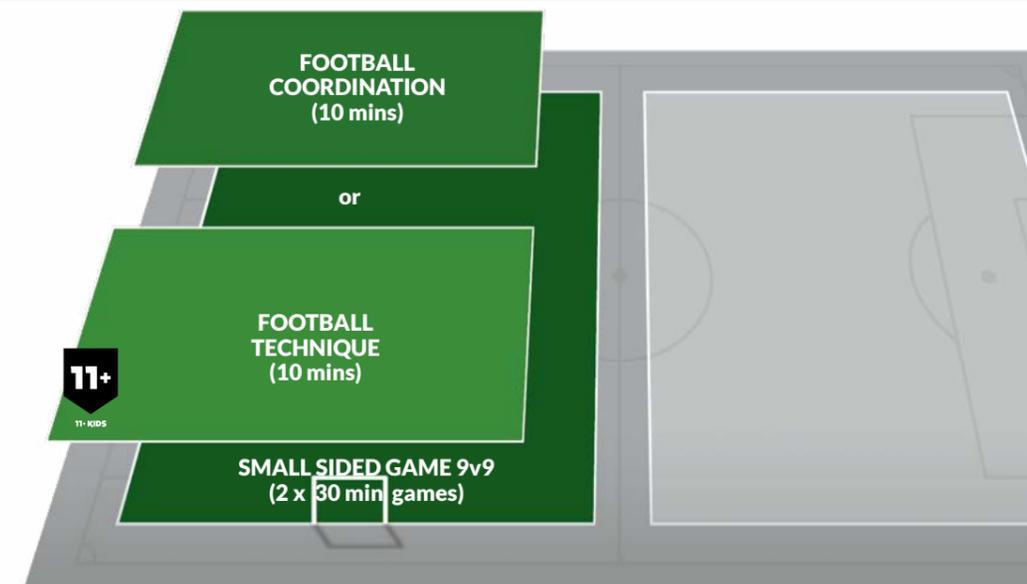
### GAMEDAY SETUP (11-12 YEARS)

Format	<b>9v9 (with GK's)</b>
Minimum field size	<b>60 x 45m</b>
Maximum field size	<b>70 x 50m</b>
Minimum goal size	<b>4 x 2m</b>
Maximum goal size	<b>5 x 2m</b>
Ball Size	<b>4</b>
Contact time	<b>90 minutes max.</b>
Contact frequency	<b>3 x per week including Game day</b>
Max. Mini Pitches per field	<b>2</b>
Formal Competition	<b>Home &amp; Away</b>



### FOOTBALL GAMEDAY OPTIMAL REQUIREMENTS - 9v9

- 1 x 10 minute station activity (11+ Kids, Football Coordination or Football Technique)
- 30 minute game
- 10 minute rest/changeover period
- 30 minute game (against the same opposition or a different team)



<b>OPTIMAL</b>	FC or FT warm-up and 2 x 25 minute SSG (7v7)	<b>FLEXIBLE OPTION</b>	FC or FT warm-up and 1 x 50 minute SSG (7v7)
<b>OPTIMAL</b>	FC or FT warm-up and 2 x 30 minute SSG (9v9)	<b>FLEXIBLE OPTION</b>	FC or FT warm-up and 1 x 60 minute SSG (9v9)

# GAMEDAY FORMAT

## MINI FUTSAL (9-12 YEARS)

### FUTSAL GAMEDAY SETUP

Format	<b>5v5 (without GK's)</b>
Minimum court size	<b>25 x 16m</b>
Maximum court size	<b>32 x 20m</b>
Goal size	<b>3 x 2m</b>
Ball Size	<b>Size 4 or size 5 Futsal</b>
Contact time	<b>45 - 60 mins</b>
Contact frequency	<b>2 x per week including Game day</b>

Max. Mini Courts per area **2**



### FUTSAL GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups
- Allocate each group a mini playing area
- 10 minute station activity (Futsal Coordination, Futsal Technique)
- 15-20min game
- 5min rest/changeover period
- 15-20min game (against the same opposition or a different team)



# APPENDIX 1

## NATIONAL PLAYING RULES - McDONALD'S FIRST KICKS (4-6 YEARS)

### FOOTBALL PLAYING FORMATS

Number of Players	3v3 or 4v4	
Game Duration	30 mins maximum	2x15 mins 3x10 mins
Pitch Dimensions	Minimum	20x15m (3v3)
	Maximum	30x20m (4v4)
Goals	Minimum	1.5x0.9m
	Maximum	2x1m
Ball	Size 3	
Penalty Area	No penalty area required	
Goalkeepers	No GKs at this age	
Substitutions	Maximum of 2 substitutes who may rotate regularly throughout the game	

### FUTSAL PLAYING FORMATS

Number of Players	3v3	
Game Duration	30 mins maximum	2x15 mins 3x10 mins
Court Dimensions	Minimum	16x8m
	Maximum	21x14m
Goals	2x1m	
Ball	Size 3 Futsal	
Penalty Area	No penalty area required	
Goalkeepers	No GKs at this age	
Substitutions	Maximum of 2 substitutes who may rotate regularly throughout the game	

### START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

### SCORING GOALS

A goal is scored when the whole ball crosses the line. Goals can only be scored from the opposition's half as there are no goal keepers.

### OFFSIDE

There is no offside rule in First Kicks. Players should be discouraged from permanently standing in blatant offside positions.

### BALL CROSSING THE TOUCH LINE

There are no throw ins. The ball is to be kicked or dribbled into play from behind the touchline. To ensure players have as much contact with the ball as possible, players have approximately three seconds to recommence the play from a restart.

The defending team should be retreat to 5m away from the ball until play is restarted. The ball must touch someone else on the field before a goal can be scored.

### BALL CROSSING THE GOAL LINE

There are no corner kicks. 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 someone else on the field before a goal can be scored.

### FOULS & MISCONDUCT

Most acts of handball or fouls and misconduct at this level are caused by accident and with little to no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child how they have broken the rules and that they should try not do this again.

Indirect free kicks are awarded for acts of handball or fouls and misconduct (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). Opponents must be at least 5m away from the ball when the indirect free kick is taken.

### MATCH RESULTS AND LADDERS

Published match results, ladders and tables are not applicable at First Kicks. Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

# APPENDIX 2



## NATIONAL PLAYING RULES - McDONALD'S FUN FOOTBALL (7-8 YEARS)

### FOOTBALL PLAYING FORMATS

Number of Players	4v4 or 5v5	
Game Duration	40 mins maximum	2x20 mins 4x10 mins
Pitch Dimensions	Minimum	30x20m
	Maximum	40x30m
Goals	Minimum	1.8x0.9m
	Maximum	2x1m
Ball	Size 3	
Penalty Area	No penalty area required	
Goalkeepers	No GKs at this age	
Substitutions	Maximum of 2 substitutes who may rotate regularly throughout the game	

### FUTSAL PLAYING FORMATS

Number of Players	4v4	
Game Duration	30 mins maximum	2x15 mins 3x10 mins
Court Dimensions	Minimum	16x12.5m
	Maximum	25x21m
Goals	2x1m	
Ball	Size 4 Futsal	
Penalty Area	No penalty area required	
Goalkeepers	No GKs at this age	
Substitutions	Maximum of 2 substitutes who may rotate regularly throughout the game	

#### START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

#### SCORING GOALS

A goal is scored when the whole ball crosses the line. Goals can only be scored from the opposition's half as there are no goal keepers.

#### OFFSIDE

There is no offside rule in Fun Football. Players should be discouraged from permanently standing in blatant offside positions.

#### BALL CROSSING THE TOUCH LINE

There are no throw ins. The ball is to be kicked or dribbled into play from behind the touchline. To ensure players have as much contact with the ball as possible, players have approximately three seconds to recommence the play from a restart.

The defending team should be retreat to 5m away from the ball until play is restarted. The ball must touch someone else on the field before a goal can be scored.

#### BALL CROSSING THE GOAL LINE

There are no corner kicks. 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 someone else on the field before a goal can be scored.

#### FOULS & MISCONDUCT

Most acts of handball or fouls and misconduct at this level are caused by accident and with little intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child how they have broken the rules and that they should try not do this again.

Indirect free kicks are awarded for acts of handball or fouls and misconduct (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). Opponents must be at least 5m away from the ball when the indirect free kick is taken.

#### MATCH RESULTS AND LADDERS

Published match results, ladders and tables are not applicable at First Kicks. Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

# APPENDIX 3



## NATIONAL PLAYING RULES - McDONALD'S MINI FOOTBALL (9-10 YEARS)

### FOOTBALL PLAYING FORMATS

Number of Players	7v7	
Game Duration	50 mins maximum	2x25 mins
Pitch Dimensions	Minimum	45x30m
	Maximum	55x35m
Goals	Minimum	3.8x1.9m
	Maximum	4x2m
Ball	Size 4	
Penalty Area	8x16m	
Goalkeepers	Yes	
Substitutions	Maximum of 3 substitutes who may rotate regularly throughout the game	

#### START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

#### SCORING GOALS

A goal is scored when the whole ball crosses the line.

#### RETREATING LINE

When a team's goalkeeper catches/picks up the ball or is taking a goal kick or any player taking a Free Kick, the opposition MUST drop back behind the retreating line.

Only after the goalkeeper plays the ball out and one of the goalkeeper's team-mates touches the ball, can the opposition player advance over the retreating line.

Coaches are asked to encourage all players to play the ball as quickly as possible from the goal keeper and not to allow the ball to continue to roll or come to a stop.

#### OFFSIDE

The offside rule is applied in Mini Football. For 9th & 10th Grade Football, the offside law will be applied between the retreating line and goal line only.

A player is in an offside position if they are nearer to the opponents' goal line than both the ball and the second last opponent (at the point the ball is passed to them).

#### BALL CROSSING THE TOUCH LINE

Throw in. The ball should be thrown in to play from behind the touch line. The player should face the field of play with both feet either behind or on the touchline. Players must use both hands to deliver the ball from behind and over their

head. The thrower may not touch the ball until it has touched another player and if this occurs an indirect free kick is awarded. A goal cannot be scored directly from a throw in.

#### BALL CROSSING THE GOAL LINE

Last touched by defending team – A corner kick is awarded. Last touched by attacking team – Goal kick from anywhere within the penalty area. Opponents retreat to the Retreating Line.

#### 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.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

#### FOULS & MISCONDUCT

There are only indirect free kicks for fouls and misconducts with the exception of penalty kicks. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. Free Kicks occur when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempt to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of a player

A deliberate handball or serious misconduct in the penalty area results in a penalty kick which is taken from 7m out with a GK in position.

#### MATCH RESULTS AND LADDERS

Published match results, ladders and tables are not applicable at Mini Football. Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

The recording of match results can be conducted for the purpose of assigning teams appropriate levels of competitive games, ensuring the most enjoyable experience for all players.

# APPENDIX 4



## NATIONAL PLAYING RULES - McDONALD'S MINI FOOTBALL (11-12 YEARS)

### FOOTBALL PLAYING FORMATS

Number of Players	9v9	
Game Duration	60 mins maximum	2x30 mins
Pitch Dimensions	Minimum	64x45m
	Maximum	70x50m
Goals	Minimum	4x2m
	Maximum	5x2m
Ball	Size 4	
Penalty Area	10x24m	
Goalkeepers	Yes	
Substitutions	Maximum of 4 substitutes who may rotate regularly throughout the game	

#### START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

#### SCORING GOALS

A goal is scored when the whole ball crosses the line.

#### RETREATING LINE

When a team's goalkeeper catches/picks up the ball or is taking a goal kick or any player taking a Free Kick, the opposition MUST drop back behind the retreating line.

Only after the goalkeeper plays the ball out and one of the goalkeeper's team-mates touches the ball, can the opposition player advance over the retreating line.

Coaches are asked to encourage all players to play the ball as quickly as possible from the goal keeper and not to allow the ball to continue to roll or come to a stop.

#### OFFSIDE

The offside rule is applied in Mini Football. For 11th & 12th Grade Football, offside cannot be given if the player is in their own half of the field of play.

A player is in an offside position if they are nearer to the opponents' goal line than both the both and the second last opponent (at the point the ball is passed to them).

#### BALL CROSSING THE TOUCH LINE

Throw in. The ball should be thrown in to play from behind the touch line. The player should face the field of play with both feet either behind or on the touchline and should use both hands to deliver the ball from behind and over their

head. The thrower may not touch the ball until it has touched another player and if this occurs an indirect free kick is awarded. A goal cannot be scored directly from a throw in.

#### BALL CROSSING THE GOAL LINE

Last touched by defending team – A corner kick is awarded. Last touched by attacking team – Goal kick from anywhere within the penalty area. Opponents retreat to the Retreating Line.

#### 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.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

#### FOULS & MISCONDUCT

There are only indirect free kicks for fouls and misconducts with the exception of penalty kicks. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. Free Kicks occur when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempt to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of a player

A deliberate handball or serious misconduct in the penalty area results in a penalty kick which is taken from 8m out with a GK in position.

#### MATCH RESULTS AND LADDERS

Published match results, ladders and tables are not applicable at Mini Football. Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

The recording of match results can be conducted for the purpose of assigning teams appropriate levels of competitive games, ensuring the most enjoyable experience for all players.

# APPENDIX 5

## NATIONAL PLAYING RULES - MINI FUTSAL (9-12 YEARS)

### FUTSAL PLAYING FORMATS

Number of Players	5v5	
Game Duration	40 mins maximum	2x20 mins
Pitch Dimensions	Minimum	25x16m
	Maximum	32x20m
Goals	3x2m	
Ball	Size 4 or size 5 Futsal	
Penalty Area	Minimum	5m rad. Semi-circ.
	Maximum	6m rad. Semi-circ.
Goalkeepers	Yes	
Substitutions	Maximum of 3 substitutes who may rotate regularly throughout the game	

#### START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

#### SCORING GOALS

A goal is scored when the whole ball crosses the line.

#### OFFSIDE

There is no offside rule in Futsal.

#### BALL CROSSING THE TOUCHLINE

There are no throw ins in Futsal. The ball is to be kicked into play from on/behind the touchline. The kicker may not touch the ball until it has touched another player. A goal cannot be scored directly from a kick in without the ball touching a player before going in the goal.

The defending team should be retreat to 5m away from the ball until play is restarted. The ball must touch someone else on the field before a goal can be scored.

#### BALL CROSSING THE GOAL LINE

Last touched by defending team – A corner kick is awarded. Last touched by attacking team – Goal clearance from anywhere within the penalty area.

#### GOALKEEPER

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.

An indirect free kick is awarded if the goalkeeper commits any of the following offences:

- Touches the ball with their hands after it has been deliberately kicked to them by a team mate.
- After playing the ball, he touches it again in his own half of the pitch after it has been deliberately played to him by a team-mate without an opponent playing or touching it

#### FOULS & MISCONDUCTS

There are only indirect free kicks for fouls and misconducts with the exception of penalty kicks. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken.

Free Kicks occur when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempt to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of a player

A deliberate handball or serious misconduct in the penalty area results in a penalty kick which is taken from 7m out with a GK in position.

#### MATCH RESULTS AND LADDERS

Published match results, ladders and tables are not applicable at Mini Football. Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

The recording of match results can be conducted for the purpose of assigning teams appropriate levels of competitive games, ensuring the most enjoyable experience for all players.

# APPENDIX 6

## GUIDELINES FOR WORKING WITH CHILDREN

The following protocols provide guidance to those working with children by outlining good practice and establishing boundaries in a range of situations. The intention of these protocols is to reduce the likelihood of harm to a child, as well as minimising the risk of an allegation or complaint being made.

### APPLY A CHILD-CENTRED APPROACH WHERE ALL CHILDREN ARE TREATED EQUALLY AND WITH DIGNITY

1. Activities should be appropriate for the age and development of the children
  2. Use positive and age-appropriate language when talking to or in the presence of children
  3. Create a safe and open environment that also reduces risk to staff and volunteer
  4. Exercise common sense
  5. Do not send children off to train alone and out of sight or supervision
  6. Ensure that children use appropriate protective gear
  7. Ensure that all physical contact with children is relevant and appropriate to the activity
  8. Do not engage in any intimate, over-familiar or sexual relationships with people under the age of 18 years
  9. Ensure that any filming or photography of children is appropriate
  10. Do not drink alcohol in the presence of children and do not offer alcohol to children under any circumstances
  11. Do not engage in communication with a child, on a one-on-one basis, through social media, texting or email, other than for relevant coach/athlete feedback or administration
  12. Do not allow parents, coaches, other children, or spectators to engage in any type of bullying behaviour (this includes cyber/text bullying)
  13. Do not bully or place unnecessary pressure on children
- 

## AVOIDING SITUATIONS WHERE YOU ARE ALONE WITH A CHILD

1. Avoid private or unobserved situations, including being alone with a child in the changing rooms. Have another adult present or at least another player
  2. When entering changing rooms, ensure that you knock and announce yourself and try to have at least one other adult with you
  3. Avoid driving a child unaccompanied. If this is not practical, have them sit in the back seat
  4. Do not invite or encourage children to your home
  5. Always have another adult present when staying overnight anywhere with children
  6. Travelling creates higher-risk environments. Take extra care to ensure players and volunteers are not exposed to undue risk
- 



If a child is at serious risk or a crime against a child has been committed, this must be reported. **CALL 111** and ask for Police.



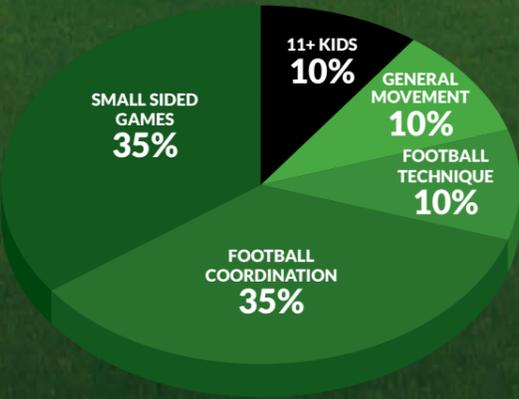
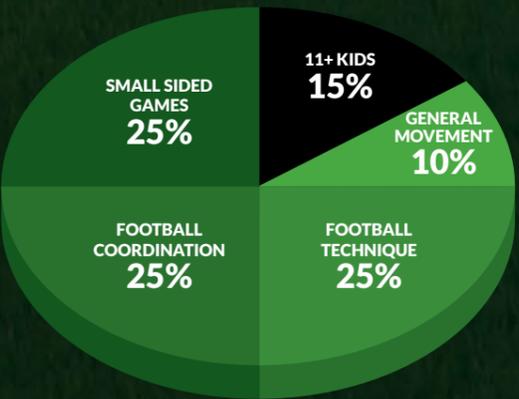
**NEW ZEALAND FOOTBALL**

[ethics@nzfootball.co.nz](mailto:ethics@nzfootball.co.nz)



If you have concerns about the well-being of a child or young person, you can report your concerns to Oranga Tamariki—Ministry for Children or the New Zealand Police

# JUNIOR FRAMEWORK SUMMARY

DEVELOPMENT STAGE	AGE	PLAYING FORMAT	GAME TIME	OBJECTIVE	RECOMMENDED TRAINING MODEL	TRAINING FOCUS
 <p><b>FOOTBALL SPECIFIC BASIC TRAINING</b> Playing together with Purpose</p>	9-12 YEARS	<p><b>FOOTBALL 11-12 YEARS</b> 9v9 with goalkeepers</p> <p><b>FOOTBALL 9-10 YEARS</b> 7v7 with goalkeepers</p> <p><b>FUTSAL 5v5</b> with goalkeepers</p>	<p><b>FOOTBALL 11-12 YEARS</b> 2x 30mins</p> <p><b>FOOTBALL 9-10 YEARS</b> 2x 25mins</p> <p><b>FUTSAL 2x 20mins</b></p>	Developing the football specific movement and technical capabilities to support an effective lifelong participation	<p><b>TEAM-BASED TRAINING</b></p> 	
 <p><b>PLAYFUL TECHNICAL TRAINING</b> Mastering the Ball</p>	7-8 YEARS	<p><b>FOOTBALL 4v4 or 5v5</b> without goalkeepers</p> <p><b>FUTSAL 4v4</b> without goalkeepers</p>	<p><b>FOOTBALL 2x 20mins or 4x 10mins</b></p> <p><b>FUTSAL 2x 15mins or 3x 10mins</b></p>	Developing physical literacy and laying down the technical foundations for future football competency in a fun motivational environment	<p><b>STATION ROTATION</b></p> 	
 <p><b>FUNDAMENTALS</b> Falling in love with Football</p>	4-6 YEARS	<p><b>FOOTBALL 3v3 or 4v4</b> without goalkeepers</p> <p><b>FUTSAL 3v3</b> without goalkeepers</p>	<p><b>FOOTBALL 2x 15mins or 3x 10mins</b></p> <p><b>FUTSAL 2x 15mins or 3x 10mins</b></p>	The first introduction to Football. Engaging players in a safe, fun and rewarding environment.	<p><b>STATION ROTATION</b></p> 	

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New Zealand Football would like to thank the following organisation for their invaluable support of Junior Football in New Zealand.



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