



Mini Soccer Programme For Gedling Southbank FC (Ages 4 to 11)

1. Introduction

The purpose of this document is to detail Gedling Southbank's approach to introducing football for boys and girls aged between 4 – 10 years old. What the club provides at this age range sets the stall out for players to play throughout the junior, youth and senior sections of the club. The club is geared to providing a lifetime's opportunity for a player to literally play football for Gedling Southbank from aged 4 up to 64!!

In 2012, Gedling Southbank celebrates 40 years of senior football and 20 years of junior football, so as you can see many players have played for the club over the years. The club is currently aiming to complete plans to develop facilities at all levels to ensure there is a base within the local community and all players belong to "one club" and are helped along in their development by everyone associated with the club.

2. AIMS

Opportunity to play the wonderful sport of football for all;

- Have fun and get some physical exercise introducing children to FUNdamentals of movement
- Provide good quality coaching delivered by qualified coaches

3. REGISTRATION/SUBSCRIPTION

All players will be properly registered with the club to provide contact details etc. Players will be required to pay an annual subscription and will be required to pay for training sessions to cover coaching costs. For 2011-12 season, the annual subscription is £10 and training sessions cost £3 per player.

On completing the registration process, each player will be given a Gedling Southbank top. This top will remain property of Gedling Southbank and if for any reason your child is unable to continue training with the club then it is expected that the shirt will be returned.

4. COACHING GROUPS

The table below gives an indication of what coaching groups your child can expect to be in given his/her age and year at school. When they start playing it's probably a good thing to play alongside friends to give them confidence and which will make the sessions more enjoyable for them. But as they get older and develop, not all players progress at the same pace. So where players are developing at a faster rate and the coach recommends maybe playing with the next group it will only happen with the player's and parent's consent.

GROUP	SCHOOL YEAR	AGE	FOOTBALL AGE
Group 1	Reception	4 & 5	U5
Group 2	Year 1	5 & 6	U6
Group 3	Year 2	6 & 7	U7
Group 4	Year 3	7 & 8	U8
Group 5	Year 4	8 & 9	U9
Group 6	Year 5	9 & 10	U10

The Football Association are currently reviewing Mini Soccer and are recommending changes to the groups above. The proposals, which would come into effect from September 2013, would see age groups based on year of birth rather than school year. This will mean all children born in 2007 will play together irrelevant of which school year they are in.

5. KIT & EQUIPMENT

All kit and equipment are sourced by the club from funding raised. Each child on registration will be given a club shirt so that they feel part of the club – all teams in the club play in the same colour strips which identifies Gedling Southbank in the community.

6. COACHING RESOURCES

The club sets out and attempts to keep a high standard in its coaching resources. Coaches will either be club trained or have already gained the relevant qualification and be supplemented by more advanced professional coaching resources, such as Cosmo Soccer Academy and Soccer Kidz. This is especially important at this age range to support more effective development of young players and where club coaches are still relatively new to coaching.

7. ORGANISATION

Both the boys and girls section have a development officer appointed to co-ordinate the Mini Soccer programme. Parents will be encouraged to get involved in the club – there are many roles to fulfil from coaching, taking money for the sessions, ground preparation at matches, fundraising events, running tea and coffee at matches – all assistance is welcome.

8. FUNDING

The club is self funding and raises its money through subscriptions, sponsorship, fundraising events, donations and grant applications if available. All costs are covered through the fundraising and all finances are channelled through the club accounts which are run by the club financial secretary who is part of the club executive committee. All club members and associated relations and friends are encouraged to get involved in fundraising events.

9. TRAINING YOUNG PLAYERS

The following chart has been prepared by Cosmo Soccer Academy our professional coaching partners on a Monday evening. Their philosophy stems from the Dutch Soccer schools which concentrate on technique at an early age and mastering control of the ball and teaching the basic skills of the game.

Coaching Group Coaching Duration	Objectives	Content
Groups 1 & 2 45 mins / session	<ul style="list-style-type: none"> • Feel for the ball • Ball control • “The ball and me” • Basic movements 	Skill oriented games Direction Speed ABC’s (agility, balance, coordination) (NO MATCHES/GAMES)
Group 3 1 Hour	All of the above Basic Proficiency Use of different parts of the feet Basic ball juggling	All of the above 1 v 1 or 2 v 2 Games Overload games ie 5 v 2 (to make games easier to achieve target/outcome) Skills must be used in practice/games to aid development
Groups 4 & above 60 to 90 Mins	All of the above Coach to improve player development NOT win matches (It’s a different kind of coaching that should only be applied to ages 12+...good teams don’t mean good players sometimes!)	All of the above Replicate game situations Work on decision making Spatial Awareness Game/match awareness

10. COACHING SCHEDULE

The schedule below indicates the current set up

Group	Day	Time	Venue	Coaches
1 & 2	Monday	5:30 to 6:15	Carlton-Le-Willows	Cosmo / GSB
3	Monday	6:00 to 7:00	Carlton-Le-Willows	Soccer Kidz/ GSB
4, 5 & 6	Monday	6:15 to 7:30	Carlton-Le-Willows	Cosmo / GSB

11. CLUB CONTACTS

There are 3 prime sources of contact for the club, your son/daughter’s coach, the respective development officer for the Mini Soccer Programme section which at time of going to press is Adam Chapman for the boys and Kevin Clapp for the girls. Their contact details can be found on the club website which is the main point of contact for anything to do with the club

<http://gedlingsouthbankfc.co.uk> .

12. AND FINALLY

Welcome to Gedling Southbank once more and we hope your time as a player & parent with us is an enjoyable and long one. There are players who have been with the club many years and we are now starting to see a lot more graduate from the junior to the senior ranks since the club was put together in 2005. One thing we didn't have back in those early formation years is a proper coaching structure to help players develop from as young as 4 so we hope this programme will benefit the whole club in the future.