



SAP PROGRAM GUIDE 2021

FOR PLAYERS, PARENTS
& COACHES

CONTENT

WHAT IS SAP?	04
ADVANCED PROGRAMS	06
FQ COMMUNITY SAPCC	09
STRUCTURE & CALENDAR 2021	14
COACHING	18
MATCH DAY CONSIDERATIONS	23
PLAYING FORMAT & RULES	30
SAP STATE CARNIVAL & CLUB DAYS	47
QAS & TALENT SUPPORT PATHWAY	49
FQ SAP RESOURCES	51



SAP GUIDE

This SAP Program Guide will assist players, parents and coaches to understand how the Skill Acquisition Phase (SAP) operates throughout Queensland.

With the aspiration of producing better footballers in Queensland, the Football Queensland (FQ) Club Development Unit has consulted with community and advanced clubs and brought together experienced people from various sectors of the game to create a player-centred approach to SAP.

These new structures will improve all levels of SAP and engage players to develop their technical skills in a challenging yet enjoyable learning environment.

FQ issued Advanced SAP Licences to clubs in South East Queensland and runs regional Advanced SAP training centers in Hervey Bay, Bundaberg, Gladstone, Rockhampton, Townsville and Cairns, with a club partnership in Mackay.

FQ also supports community clubs to provide the latest skill development coaching to their members and offers FREE SAP Community Club (SAPCC) coaching collateral and educational support to grassroots clubs across the state.

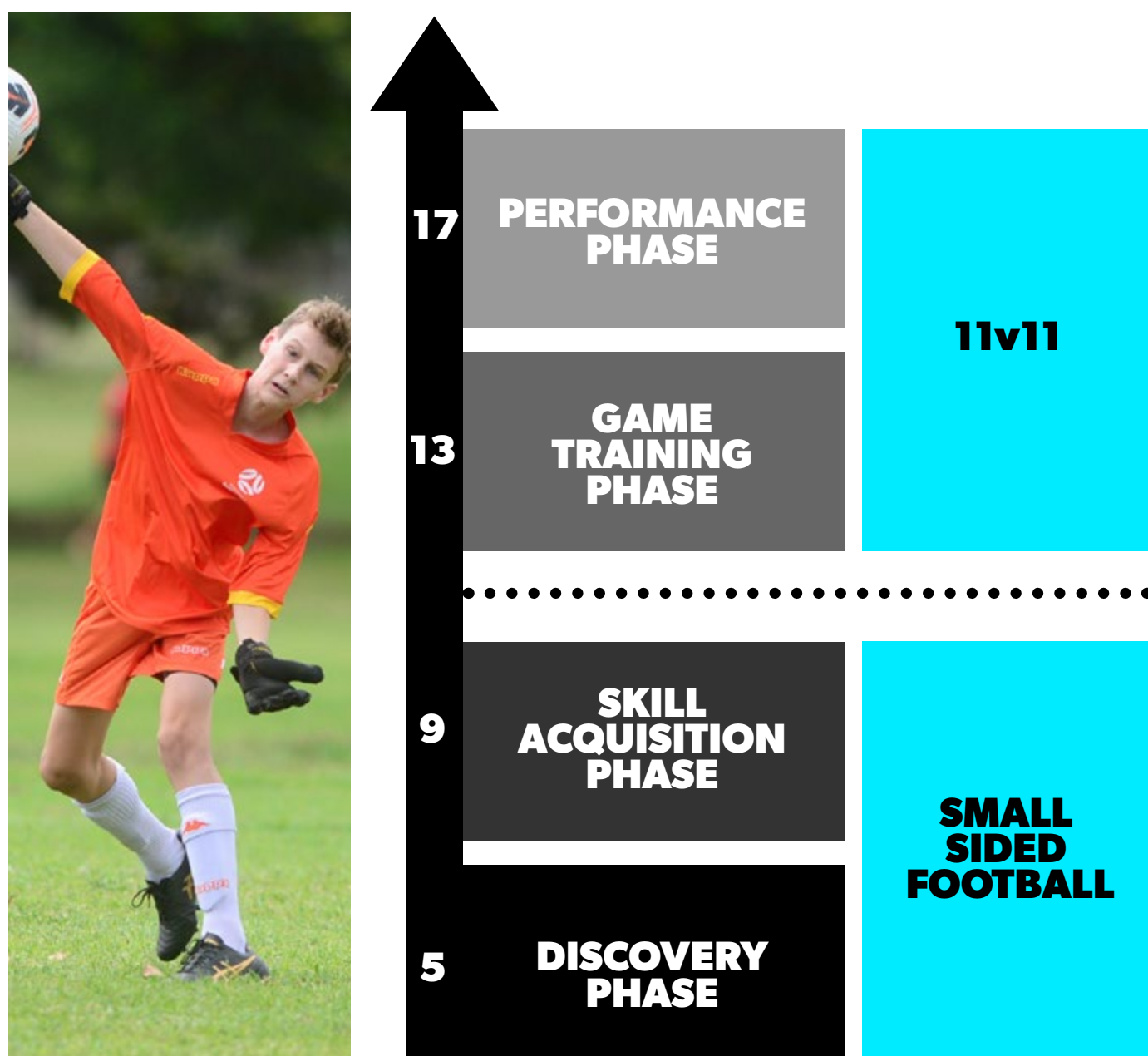
WHAT IS SAP?

SKILL ACQUISITION PHASE (9-12)

The Skill Acquisition Phase (SAP) is based on player development for children aged 9 to 12 years old.

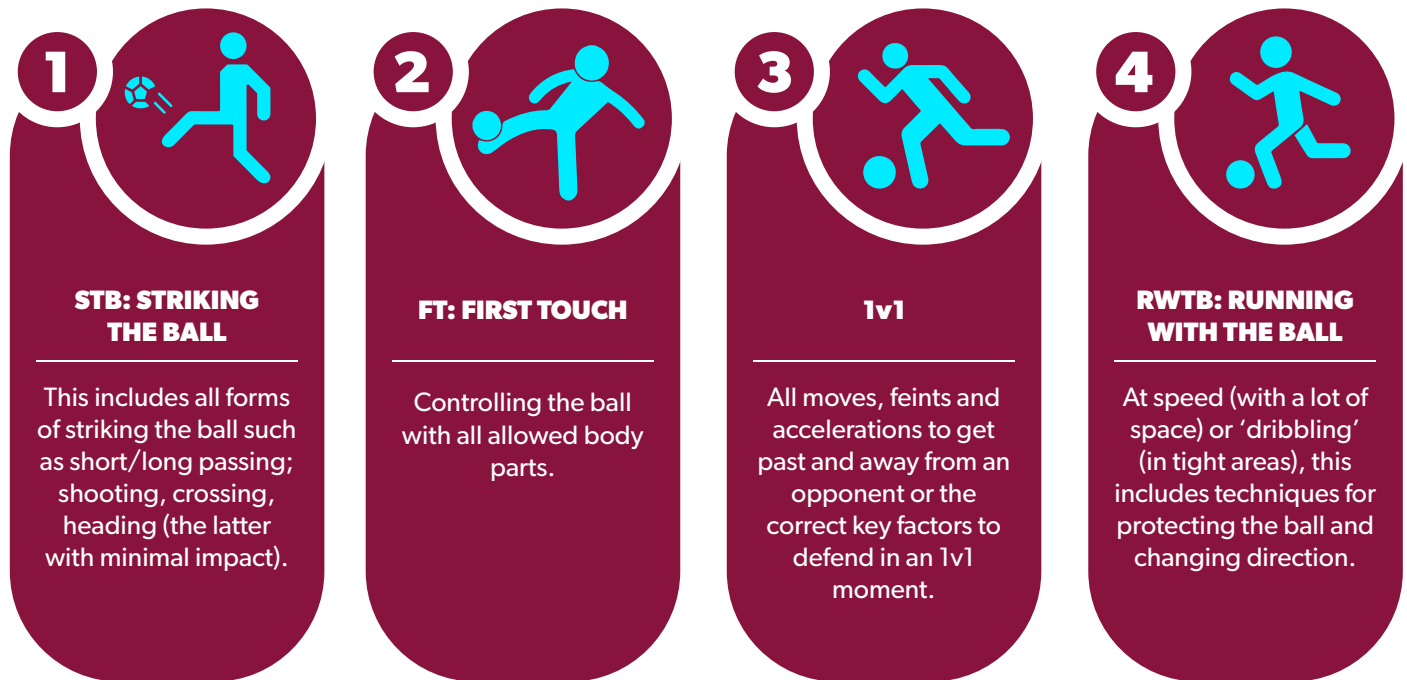
The aim is to educate children during these golden ages of motor skill learning to create technically gifted football players for the future.

The holistic approach engages children to develop technical skills in a fun, friendly and educational learning environment.



4 CORE SKILLS

In the Skill Phase of development the coach must focus exclusively on providing a solid foundation of technical skill. If the player does not gain these foundation skills during this phase it will be very difficult to make it up later. No amount of fitness or competitive spirit will be able to compensate for deficiencies in technical ability.



FQ SAP ADVANCED PROGRAMS

SOUTH EAST QUEENSLAND

Football Queensland awarded licences to FQ clubs to run full-time SAP boys programs in South East Queensland.

FQ has also issued licences for FQ clubs to run full-time SAP girls programs in South East Queensland in the U9/U10 and U11/U12 age groups.

In the interests of quality assurance, FQ also introduced its SAP rating regulations to ensure licence holders are delivering services at a consistently high standard.

Dependent on the qualification of coaches, coach mentoring, and the level of program and session planning, clubs can earn a Gold, Silver or Bronze rating each year or fall into the non-rated category.



FQ SAP ADVANCED PROGRAMS

Football Queensland's Club Development Unit works with clubs to ensure all programs have quality management measures in place. SAP Advanced clubs are assessed yearly on 42 different criteria, including:

- Planning
- Program Delivery
- Development Outcomes

Advanced SAP Club Programs are assessed on their current performance and receive a Gold, Silver, Bronze or Development Committed SAP rating for the following season.



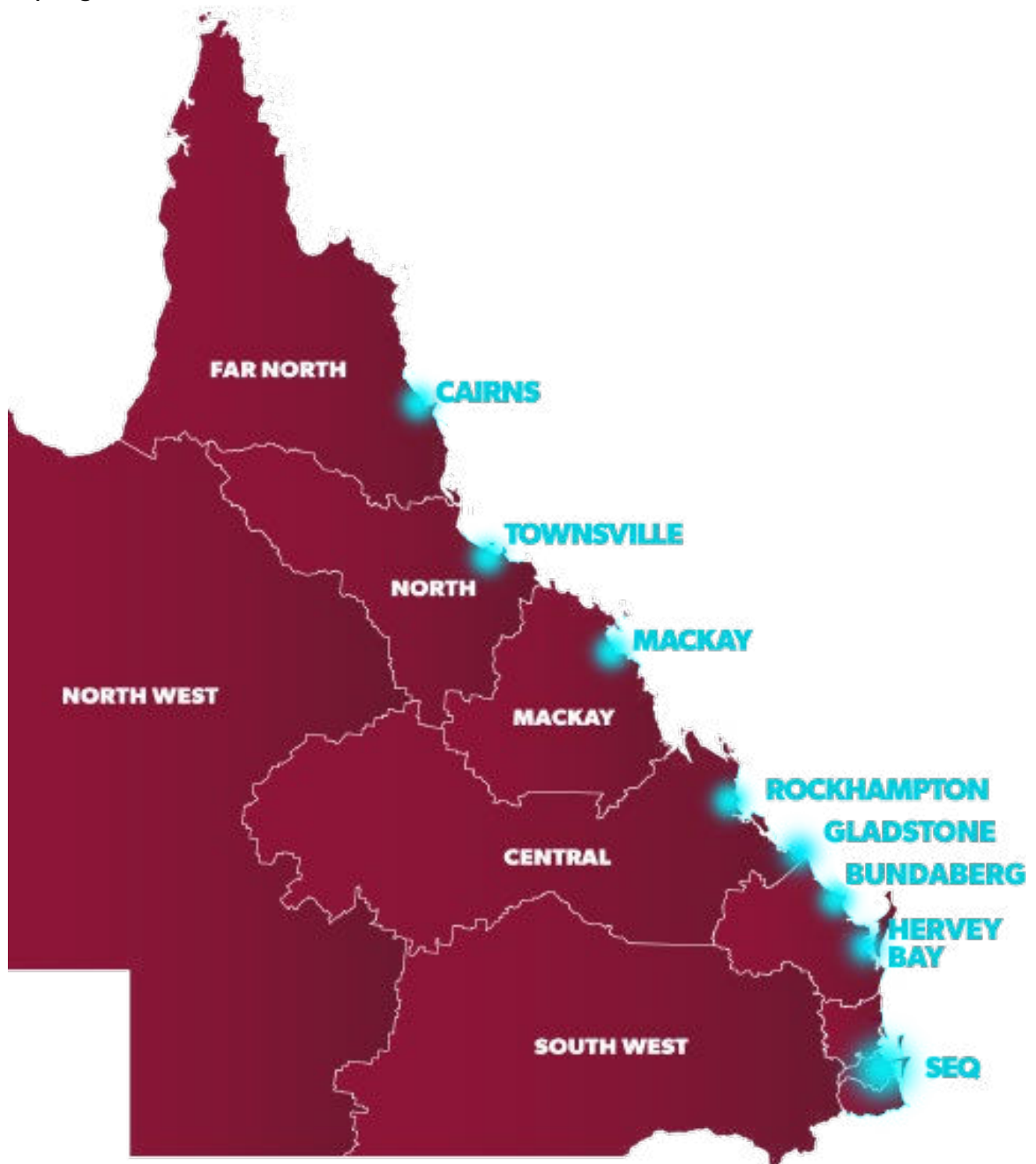
The quality of the environment – not results – is the main mechanism to evaluate programs and allocate teams into groups (SAP Maroon and White / South and North conference).

The MINISERIES provide opportunities for cross-over games and experience in different game formats.

REGIONAL ADVANCED SAP QUEENSLAND

Football Queensland has engaged five regional centres and clubs to provide SAP coaching for players in Wide Bay, Central Queensland, Mackay (Magpies Crusaders FC), North Queensland and Far North Queensland on a part-time basis.

Centres are encouraged to set up girls only teams, but regional girls can also participate in a mixed program.



FQ COMMUNITY SAPCC

At Football Queensland, we believe every Queenslanders aged 9 to 12 in the Skill Acquisition Phase should have access to best-practice skill coaching in line with Football Australia's National Curriculum.

FQ will provide FREE SAP collateral to community clubs. This will assist all clubs throughout the state to create positive learning environments, deliver quality SAP training sessions and nurture key technical skills for players.

Club Coach Coordinators will also receive regular updates at workshops to support their coaches.

SAPCC FAQ'S

THE PROCESS & SERVICE

Which clubs are eligible to become SAP Community Clubs?

All community (non-NPL, and NPL clubs' community arm) clubs affiliated with FQ can become a SAP Community Club. Community clubs interested in obtaining SAPCC resources can complete an EOI form **here**.

What does FQ provide to SAP Community Clubs?

Each club will have access to free Community SAP collateral including training cycles and session plans. This will ensure clubs have the tools to deliver quality SAP training sessions which nurture key technical skills in their players. Club Coach Coordinators will also receive regular updates at workshops to support their coaches.

Are both boys and girls able to undertake SAP training at SAP Community Clubs?

Yes. FQ has devised processes and training plans for boys, girls and mixed teams. FQ encourages SAP Community Clubs to use this as an opportunity to help create positive learning environments for all players at the club aged 9 to 12.

Is there a selection process for players to be accepted into a SAP Community Club team?

No. The SAP Community Club initiative cannot be used to exclude players. It exists to improve the quality of training on offer for children aged 9 to 12, regardless of ability.

Can clubs operate teams under the SAP Community Club banner that are separate from their other Mini Roos teams?

No, this does not align with the purpose of the SAP Community Club initiative. All players aged between 9 and 12 should benefit from good training practices. If a Community Club adopts Football Queensland's training program, it should be made available for all coaches and teams to use during the Skill Acquisition Phase.

FEES

Are there any fees or charges for clubs?

No. The SAP Community Club initiative is completely free for clubs to join.

Can SAP Community Clubs charge higher fees for their SAP players?

No. Every player aged 9 to 12 falls within the Skill Acquisition Phase bracket. There is no exclusivity – it is not a 'program' or an 'academy'. Clubs must charge the same fee for all players that belong to a single MiniRoos age group. FQ requires fee transparency and full accessibility for every player.

REQUIREMENTS

What must clubs deliver to gain SAP Community Club accreditation?

SAP Community Clubs must ensure all coaches are registered through Football Australia's online Play Football registration system and possess a Working With Children permit (Blue Card). Clubs must run entry-level programs (MiniRoos Kick-Off) and make a commitment to participate in the National Club Development Program (NCDP). The Club Coach Coordinator will be required to submit a six-monthly report to FQ outlining progress on the adoption of the SAP Community Club initiative.

OTHER

Which competitions do SAP Community Club players participate in?

SAP Community Club players participate as usual in the local MiniRoos competition within their Zone that is suitable to their team and their level. The Skill Acquisition Phase is a development stage for young footballers. Therefore, the SAP Community Club initiative is not a program or a league, but an opportunity for players to learn football skills in a fun training environment.

What are Advanced SAP programs?

Advanced SAP is a training and match program for aspirational players to hone their skills alongside and against other highly committed young footballers with guidance from coaches who hold advanced accreditation.

Clubs in South East Queensland which have undertaken a licence agreement and are committed to assessing their services against a higher set of criteria can deliver an Advanced SAP program. These clubs receive either a Gold, Silver or Bronze rating each year for their girls and boys programs. In regional Queensland, Advanced SAP programs are run through FQ's regional SAP centres.

Boys involved in Advanced SAP programs in SEQ play as teams against other teams of comparative ability in a SAP league. Girls involved in Advanced SAP programs play together in a boys' league, while the players in regional programs participate at regional and State SAP carnivals.

Advanced SAP players may aim to progress into a National Premier Leagues (NPL) academy or a regional Talent Support Program (TSP).

SKILL ACQUISITION PHASE

COMMUNITY CLUB SUPPORT



SAPCC Glossary



SAPCC Cycles



**Player Arrival
Activities**



**Homework
Challenge**



**Webinars and
Workshops for CCCs**



SAPCC Sessions

KEY OUTCOMES OF THE PROGRAM



A player-centred development philosophy will foster positive first experiences within the game.



This leads to inspired players who have a passion for learning.



Players will stay in the game longer



Coach Development



Club Development



**Direct contact and
guidance by FQ
TDMs**



FQ SAP STRUCTURE & CALENDAR 2021



SAP 2021 STRUCTURE CONFIRMED

The SAP Boys and Girls State Carnivals are designed to be the biggest celebration of the Skill Acquisition Phase.



Following our live club consultation and club surveys Football Queensland has confirmed the structure for the SAP 2021 season



The Club Assessment (formerly SAP Rating) remains the main mechanism to evaluate programs and allocate teams into groups



Travel times for one-off games (SAP fixtures) are now reduced but the groups still provide like vs like games



Multi-game events (MiniSeries) allow potential for more travel through varied formats (3 types, prescribed by FQ) and varied opponents (3 draws). Introduction of one competitive event (MiniSeries Cup).



Four Club Weekends provide club-based events (club's choice: invitation of partner clubs, club day, training, in-house tournament, or rest weekend during the long season)

180+ TEAMS

4 DAY EVENT

THE SAP GAMES PROGRAM WILL FEATURE BETWEEN

36 - 42 GAMES

2021 SAP GIRLS CALENDAR

	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
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July																R7															Club Day
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KEY	EVENTS	GAMES
MINISERIES	6	24
FIXTURE ROUNDS	12	12
STATE CARNIVAL	1	8
REGIONAL CARNIVAL	2	6-8
CLUB DAY	4	UP TO 6
SCHOOL HOLIDAY		

2021 SAP BOYS CALENDAR

	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
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KEY	EVENTS	GAMES
FIXTURE ROUNDS*	12	12
MINISERIES	6	18
STATE CARNIVAL	1	8
REGIONAL CARNIVAL	2	6-8
CLUB DAY	3	UP TO 6
SCHOOL HOLIDAY		

FQ SAP COACHING



THE SAP COACH

SAP coaches must have a long-term perspective and be truly focused on individual player development.

Training and games are to be used as vehicles for player learning and development, especially during the formative years of the Skill Acquisition Phase of development.

Players need coaches who create positive learning environments by focusing on building their confidence, motivation and freedom of expression.

Sideline instructions by coaches and parents on game day should be minimal so that players are not overloaded with information. Players should be encouraged to experiment and find solutions themselves.

For players to play without fear, mistakes must be seen as a learning opportunity.

“AT A YOUNG AGE WINNING IS NOT THE MOST IMPORTANT THING... THE IMPORTANT THING IS TO DEVELOP CREATIVE AND SKILLED PLAYERS WITH GOOD CONFIDENCE.”

Arsene Wenger

FIFA - Chief of Global Football Development

SAP COACHING STAFF

All advanced SAP coaches should hold a Football Australia advanced coaching qualification (preferably 'C' Youth Licence). All coaches, team managers and club officials must also have a valid Blue Card.

If a coach has a lower qualification than C Youth Licence, this will be reflected in the club's SAP Assessment.

SAP Director

Each club must nominate a SAP Director for their SAP program. This individual will most likely be the most experienced and qualified SAP specialist and will act as the contact point for all SAP correspondence and mentor for other coaches.

SAP Coaches

All SAP coaches should have a Football Australia/AFC Advanced 'C' Youth Licence, as specified in the licence agreement. Clubs that employ coaches with qualifications below this level will score less in the club's assessment (SAP rating). FQ has welcomed over 800 coaches at SAP coaching courses in the last five years. B and A Licenced coaches can also operate in advanced SAP programs.



A PROSPECTIVE SAP COACH SHOULD SHOW



PATIENCE



**GOOD COMMUNICATION
SKILLS WITH YOUNG
PLAYERS**



ENTHUSIASM



ORGANISATION



WILLINGNESS TO LEARN



**COMMITMENT TO TRAINING
AND GAMES**



**ABILITY TO CREATE
POSITIVE AND FUN
ENVIRONMENTS**



**ENCOURAGEMENT OF
GOOD FOOTBALL**



**ENCOURAGEMENT
OF SPORTSMAN-LIKE
CONDUCT**



**ENCOURAGING PLAYERS TO
GIVE THEIR BEST EFFORT**



**FOCUS ON SKILL
DEVELOPMENT INSTEAD OF
TEAM SUCCESS**

SAP TRAINING DAYS

U10-12

It is recommended that a maximum of three training days per week (in example to hold 2 skill training sessions and 1 in-house game day/street football).

3

**MAXIMUM OF 3
TRAINING DAYS P.W**

2

**2 SKILL TRAINING
SESSION**

1

**1 IN-HOUSE GAME DAY
STREET FOOTBALL**

U9

It is recommended that clubs hold two training days per week in this age group.

Coaches and parents should encourage players to enjoy free play, unorganised activities with family and friends (football and other sports).



FQ SAP MATCH DAY CONSIDERATIONS



IMPORTANT SAP MATCH DAY CONSIDERATIONS

Match day is the best opportunity for a player to put their education into practice. It is an extension of the training session where transfer of learning should occur.

Players who are over-coached during practice and matches will become robotic and will not be able to make critical game decisions on their own.

Coaches who do all the talking will restrict the opportunity for players to communicate and problem-solve as a team.

Creating a Game Day Culture

On game days, the interaction between the following groups should be considered:

- Team Coaches
- Opponents
- Parents
- Officials

The following tables provide suggested interaction guidelines between each party. If followed, a player-centered culture of respect will be created.

Team Coaches

Interaction Area	Coach Expectations
Players	Verbal instructions should be carefully measured to provide players with the necessary information without over-coaching or micro-managing their actions.
Referee	The officials' decisions should be respected and unchallenged. No attempt should be made to influence their decisions or the outcome of the game.
Parents	<p>Parents should be engaged in the educational process. If possible, parents should be debriefed to ensure they understand post game goals and areas for discussion with their children.</p> <p>A monthly email / discussion about learning objectives from the coach or program to parents will assist to gain the parents' support.</p>
Opposition	Sportsmanship and fair play should be of the utmost importance. Respect for the opposition's coaches, their players and parents ensures a supportive environment for both sets of players.



Interaction Area	Parent Conduct
Players	<p>Parents and team coaches should be on the same page with regards to the team's seasonal objectives, which should be communicated during pre-season. Parents should not communicate their opinion on other players' performance and need to focus on supporting their own child and the whole team in a positive manner.</p> <p>Parents should not question or try to influence a referee's decision under any circumstances. Mistakes will happen but parents should be a role model for their players. Any communication to the referee should be via the team coach.</p>
Coaches	<p>Be supportive but don't coach from the sidelines. Let the coaches communicate important information to avoid confusing players. A parent's role should be to provide support and encouragement. If parents are over communicating, it takes away the opportunity for players to communicate with each other.</p> <p>Avoid defining success and failure in terms of winning and losing. For each game, the coach will have defined skill acquisition goals for the team. These are the objectives that should be used to measure success. This will teach players to have a better perspective on the game experience.</p>
Referee	<p>Parents should not question or try to influence a referee's decision for any reason. Mistakes will happen; parents should be a role model for their players. Any communication to the referee should be via the team coach.</p>
Opposition	<p>Parent's interaction with players from the opposite team should only ever be positive and sportsmanlike in nature. Parents should never get involved in any type of verbal confrontation or dispute with parents and players of the opposing team, whatever the reason.</p>

Players

Interaction Area	Player Expectations
Coaches	<p>Respect the decisions of the team coach with regards to playing time and position as well as substitutions.</p> <p>Players should have an open and inquisitive mind when receiving feedback from the coach. Players should be encouraged to implement feedback where applicable.</p>
Team-mates	Encourage other players on your team and support decisions of teammates regardless of the outcome.
Officials	Players should not question or argue with a referee's decision for any reason. Mistakes will happen but players should respect the referee's decision and get on with the game.
Opposition	Fair play and good sportsmanship should be an integral part of all interactions with opposition players. Shake hands and congratulate all players on a good game upon completion of the match.
Parents	<p>Players should not look to their parents during the game for feedback or information on their self-performance. Players should focus on the game and their own performance with no distraction.</p> <p>Players should keep their parents informed of important information that the coach has relayed after the game. This may include logistical information for future training sessions or games and player development information that relates to focus areas of improvement.</p>

SAP MATCH DAY SCHEDULE

Game day time frame guidance for an 11AM kick off:

Time (AM)	Activity
9:45 - 10:00	Arrive at the ground
10:10	Gather team together (Name starting TEAM and substitutes)
10:15	Players get changed (If not changed already)
10:30	Team talk – Core Skill for the day - individual and team (Start warm up)
10:50	Finish warm up (Final team talk on CORE SKILL)
10:55	Players organised, focused and ready to play (Player's team huddle, self motivation)
11:00	Kick off
11:30	H/T Team talk – Core Skill for the day – POSITIVE individual and team feedback (Let them play)
12:00	F/T Team talk – POSITIVE individual and team feedback (Send them home happy)

Recommended:

Pre-game, both SAP coaches and game referee to meet and discuss understanding of game rules.

Substitutions

- All players should be given equal game time and game starts throughout the season.
- Substitutions should be made during breaks in play (half time) or due to injury and fatigue.
- Players should be rotated through various positions on the field in order to present them with different technical, tactical, physical and psychological challenges.

Playing Equipment

- Players must wear shin guards and goalkeepers must wear a distinguishing playing strip. Shin guards must be covered entirely by the socks.
- Players must wear the appropriate clothing dependant on the weather. Correct footwear must be worn for the surface of the pitch e.g. no metal studs on artificial grass pitches.
- The home team must provide appropriate match ball and a spare match ball placed close to the half way line.

BEST PRACTICES OF PLAYING EQUIPMENT



BEST PRACTICES OF GAME DAY BENCH



PLAYING FORMAT AND RULES



FQ SAP U9/10 GIRLS **PLAYING** **GAME FORMAT**



UNDER 9/10 GIRLS PLAYING FORMAT AND RULES



PLAYING FORMATS

THE NUMBER OF PLAYERS	7-a-side including a goalkeeper. Maximum of 3 interchange players.
THE FIELD OF PLAY	Minimum: 40m long x 30m wide Best Practice: 45m long x 35m wide Maximum: 50m long x 40m wide
GOAL SIZE	3m wide x 2m high
BALL SIZE	Size 4
DURATION OF THE GAME	3x15 min. Minimum 5 min half time break.
PENALTY AREA	5m deep x 12m wide.
OFFSIDE	The official offside rule (Law 11, FIFA Laws of the Game) does not apply to FA MiniRoos Under 9/10.



BALL CROSSING THE TOUCH LINE

Throw in: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hand and delivers the ball from behind and over their head. The ball is in play once it enters the field of play. (First foul is to repeat the throw in and then 2nd foul throw will be a changeover.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

Corner kick: A player from the attacking team places the ball inside the corner arc or within 1 metre of the corner, nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

UNDER 9/10 GIRLS PLAYING FORMAT AND RULES



OFFSIDE

Offside (Under 9/10)

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to FA MiniRoos Under 9/10.

Goals can be scored from the offside position. SAP Coaches should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE ATTACKING TEAM LAST

Goal kick from anywhere within the penalty area. Opponents remain at least 10 Metres outside the penalty area until the ball is in play.

The Referee should not restart play until they are satisfied all opposition players are at least 10 Metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

UNDER 9/10 GIRLS PLAYING FORMAT AND RULES



GOAL TYPE

It is mandatory that solid portable goals (bow-nets or similar are not acceptable) are used for SAP. The use of poles and markers as goals is prohibited. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground.

The use of sandbags or pegs is recommended when using portable goals. For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au



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 may be thrown, rolled from the hands or played from the ground with their feet but can not be kicked or drop kicked directly from their hands. The goalkeeper has 6 seconds to restart play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area. 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.

UNDER 9/10 GIRLS PLAYING FORMAT AND RULES



FOULS AND MISCONDUCT

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

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.



FOULS AND MISCONDUCT ARE

- Kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent;
- Jumps at an opponent;
- Charges at an opponent;
- Strikes or attempts to strike an opponent;
- Pushes an opponent;
- Tackles an opponent from behind to gain possession of the ball;
- Makes contact with the opponent before touching the ball;
- Holds an opponent;
- Spits at an opponent;
- Handles the ball deliberately;
- Plays in a dangerous manner;
- Foul language
- Impedes the progress of a player

UNDER 9/10 GIRLS PLAYING FORMAT AND RULES



MATCH RESULTS AND POINTS TABLES

The recording of match results will NOT be conducted in all Under 9/10 SAP. Points tables will not be used and results won't be published.

OTHER RULES

All other rules will be applied using the IFAB Laws of the Game. Rules of competition will also be used by the competition administrator. The use of sin-bin will not apply to Under 9/10 SAP.



FIELD LAYOUTS



FIELD LAYOUTS

Diagrams below illustrate the field markings to be used for Under 9/10 SAP.

THE FIELD OF PLAY	Minimum: 40m long x 30m wide Best Practice: 45m long x 35m wide Maximum: 50m long x 40m wide
GOAL SIZE	3m wide x 2m high
PENALTY AREA	5m deep x 12m wide.

FQ SAP U11/12 GIRLS **PLAYING** **GAME FORMAT**



UNDER 11/12 GIRLS PLAYING FORMAT AND RULES



PLAYING FORMATS

THE NUMBER OF PLAYERS	9-a-side including a goalkeeper. Maximum of 3 Interchange players.
THE FIELD OF PLAY	Maximum: 70m long x 50m wide. Best Practice: 65m long x 45m wide. Minimum: 60m long x 40m wide.
GOAL SIZE	5m wide x 2m high
BALL SIZE	Size 4
DURATION OF THE GAME	3x20 min. Minimum 5 min half time break.
PENALTY AREA	12m deep x 20m wide.
OFFSIDE	OFFSIDE : YES (only clear and obvious at the discretion of referee)



BALL CROSSING THE TOUCH LINE

Throw in: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hand and delivers the ball from behind and over their head. The ball is in play once it enters the field of play. (First foul is to repeat the throw in and then 2nd foul throw will be a changeover.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

Corner kick: A player from the attacking team places the ball inside the corner arc or within 1 metre of the corner, nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

UNDER 11/12 GIRLS PLAYING FORMAT AND RULES



OFFSIDE

Offside (Under 11/12)

OFFSIDE : YES (only clear and obvious at the discretion of referee)

SAP Coaches should guide players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE ATTACKING TEAM LAST

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play.

The Referee should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

UNDER 11/12 GIRLS PLAYING FORMAT AND RULES



GOAL TYPE

It is mandatory that solid portable goals (bow-nets or similar are not acceptable) are used for SAP. The use of poles and markers as goals is prohibited. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground.

The use of sandbags or pegs is recommended when using portable goals. For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au



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 may be thrown, rolled from the hands or played from the ground with their feet but can not be kicked or drop kicked directly from their hands. The goalkeeper has 6 seconds to restart play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area. 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.

UNDER 11/12 GIRLS PLAYING FORMAT AND RULES



FOULS AND MISCONDUCT

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

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.



FOULS AND MISCONDUCT ARE

- Kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent;
- Jumps at an opponent;
- Charges at an opponent;
- Strikes or attempts to strike an opponent;
- Pushes an opponent;
- Tackles an opponent from behind to gain possession of the ball;
- Makes contact with the opponent before touching the ball;
- Holds an opponent;
- Spits at an opponent;
- Handles the ball deliberately;
- Plays in a dangerous manner;
- Foul language
- Impedes the progress of a player

UNDER 11/12 GIRLS PLAYING FORMAT AND RULES



MATCH RESULTS AND POINTS TABLES

The recording of match results will NOT be conducted in all Under 11/12 Girls SAP. Points tables will not be used and results won't be published.



OTHER RULES

All other rules will be applied using the IFAB Laws of the Game. Rules of competition will also be used by the competition administrator. The use of sin-bin will not apply to Under 11/12 Girls SAP.



FIELD LAYOUTS



FIELD LAYOUTS

Diagrams below illustrate the field markings to be used for Under 11/12 Girls SAP.

THE FIELD OF PLAY	Maximum: 70m long x 50m wide. Best Practice: 65m long x 45m wide. Minimum: 60m long x 40m wide.
GOAL SIZE	5m wide x 2m high
PENALTY AREA	12m deep x 20m wide.

FQ SAP U9 BOYS PLAYING GAME FORMAT



UNDER 9 PLAYING FORMAT AND RULES



PLAYING FORMATS

THE NUMBER OF PLAYERS	7-a-side including a goalkeeper. Maximum of 3 interchange players.
THE FIELD OF PLAY	Maximum: 50m long x 40m wide. Best Practice: 45m long x 35m wide. Minimum: 40m long x 30m wide.
GOAL SIZE	3m wide x 2m high
BALL SIZE	Size 4
DURATION OF THE GAME	3x15 min. Minimum 5 min half time break.
PENALTY AREA	5m deep x 12m wide.
OFFSIDE	The official offside rule (Law 11, FIFA Laws of the Game) does not apply to FA MiniRoos Under 9.



BALL CROSSING THE TOUCH LINE

Throw in: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hand and delivers the ball from behind and over their head. The ball is in play once it enters the field of play. (First foul is to repeat the throw in and then 2nd foul throw will be a changeover.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

Corner kick: A player from the attacking team places the ball inside the corner arc or within 1 metre of the corner, nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

UNDER 9 PLAYING FORMAT AND RULES



OFFSIDE

Offside (Under 9)

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to FA MiniRoos Under 9.

Goals can be scored from the offside position. SAP Coaches should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE ATTACKING TEAM LAST

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play.

The Referee should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

UNDER 9 PLAYING FORMAT AND RULES



GOAL TYPE

It is mandatory that solid portable goals (bow-nets or similar are not acceptable) are used for SAP. The use of poles and markers as goals is prohibited. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground.

The use of sandbags or pegs is recommended when using portable goals. For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au



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 may be thrown, rolled from the hands or played from the ground with their feet but can not be kicked or drop kicked directly from their hands. The goalkeeper has 6 seconds to restart play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area. 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.

UNDER 9 PLAYING FORMAT AND RULES



FOULS AND MISCONDUCT

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

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.



FOULS AND MISCONDUCT ARE

- Kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent;
- Jumps at an opponent;
- Charges at an opponent;
- Strikes or attempts to strike an opponent;
- Pushes an opponent;
- Tackles an opponent from behind to gain possession of the ball;
- Makes contact with the opponent before touching the ball;
- Holds an opponent;
- Spits at an opponent;
- Handles the ball deliberately;
- Plays in a dangerous manner;
- Foul language
- Impedes the progress of a player

UNDER 9 PLAYING FORMAT AND RULES



MATCH RESULTS AND POINTS TABLES

The recording of match results will NOT be conducted in all Under 9 SAP. Points tables will not be used and results won't be published.



FIELD LAYOUTS



OTHER RULES

All other rules will be applied using the IFAB Laws of the Game. Rules of competition will also be used by the competition administrator. The use of sin-bin will not apply to Under 9 SAP.



FIELD LAYOUTS

Diagrams below illustrate the field markings to be used for Under 9 SAP.

THE FIELD OF PLAY	Minimum: 40m long x 30m wide Best Practice: 45m long x 35m wide Maximum: 50m long x 40m wide
GOAL SIZE	3m wide x 2m high
PENALTY AREA	5m deep x 12m wide.

FQ SAP U10/11/12 BOYS **PLAYING** **GAME FORMAT**



UNDER 10/11/12 PLAYING FORMAT AND RULES



PLAYING FORMATS

THE NUMBER OF PLAYERS	9-a-side including a goalkeeper. Maximum of 4 (3 recommended) interchange players.
THE FIELD OF PLAY	Maximum: 70m long x 50m wide. Best Practice: 65m long x 45m wide. Minimum: 60m long x 40m wide.
GOAL SIZE	5m wide x 2m high
BALL SIZE	Size 4
DURATION OF THE GAME	3x20 min. Minimum 5 min half time break.
PENALTY AREA	12m deep x 20m wide.
OFFSIDE	OFFSIDE : YES (only clear and obvious at the discretion of referee)



BALL CROSSING THE TOUCH LINE

Throw in: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hand and delivers the ball from behind and over their head. The ball is in play once it enters the field of play. (First foul is to repeat the throw in and then 2nd foul throw will be a changeover.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

Corner kick: A player from the attacking team places the ball inside the corner arc or within 1 metre of the corner, nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

UNDER 10/11/12 PLAYING FORMAT AND RULES



OFFSIDE

Offside (Under 10/11/12)

OFFSIDE : YES (only clear and obvious at the discretion of referee)

SAP Coaches should guide players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE ATTACKING TEAM LAST

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play.

The Referee should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

UNDER 10/11/12 PLAYING FORMAT AND RULES



GOAL TYPE

It is mandatory that solid portable goals (bow-nets or similar are not acceptable) are used for SAP. The use of poles and markers as goals is prohibited. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground.

The use of sandbags or pegs is recommended when using portable goals. For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au



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 may be thrown, rolled from the hands or played from the ground with their feet but can not be kicked or drop kicked directly from their hands. The goalkeeper has 6 seconds to restart play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area. 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.

UNDER 10/11/12 PLAYING FORMAT AND RULES



FOULS AND MISCONDUCT

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

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

(players encouraged to ask for clarity once a free kick is awarded)



FOULS AND MISCONDUCT ARE

- Kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent;
- Jumps at an opponent;
- Charges at an opponent;
- Strikes or attempts to strike an opponent;
- Pushes an opponent;
- Tackles an opponent from behind to gain possession of the ball;
- Makes contact with the opponent before touching the ball;
- Holds an opponent;
- Spits at an opponent;
- Handles the ball deliberately;
- Plays in a dangerous manner;
- Foul language
- Impedes the progress of a player

UNDER 10/11/12 PLAYING FORMAT AND RULES



MATCH RESULTS AND POINTS TABLES

The recording of match results will NOT be conducted in all Under 10/11/12 SAP. Points tables will not be used and results won't be published.



FIELD LAYOUTS



OTHER RULES

All other rules will be applied using the IFAB Laws of the Game. Rules of competition will also be used by the competition administrator. The use of sin-bin will not apply to Under 10/11/12 SAP.



FIELD LAYOUTS

Diagrams below illustrate the field markings to be used for Under 10/11/12 SAP.

THE FIELD OF PLAY	Maximum: 70m long x 50m wide. Best Practice: 65m long x 45m wide. Minimum: 60m long x 40m wide.
GOAL SIZE	5m wide x 2m high
PENALTY AREA	12m deep x 20m wide.

or

FQ SAP STATE CARNIVAL & CLUB DAYS





The SAP State Carnival is designed to be the biggest celebration of the Skill Acquisition Phase and MiniRoos age groups.

- Large four day family friendly event in Brisbane
- 180 teams in U9, U10, U11, U12 Boys and U9/10 & U11/12 Girls age groups
- Boys and Girls SAP teams from South East and regional Queensland
- 7-10 July, Meakin Park Precinct



Club's choice:

- Invitation of partner/community clubs
- Club fun day with training or in-house tournament
- Coach education day while players have a rest weekend during the long season
- End of year SAP presentation

FQ QAS AND TALENT SUPPORT PATHWAY



QAS U13 Pathway

- U13 QAS Trials are held at the end of every year.
- Trials are by invitation only.
- Players are scouted throughout the year at SAP Carnivals, NPL Women's Games and School Championships.
- SAP, NPL Women's and community clubs are also asked for nominations.
- Trials are held over 2-4 week period.
- Players are observed through the football activities and games.
- Players are also put through personality questionnaires and measured for where they are in their growth cycle.

Football Queensland Talent Support program

- The FQ TSP is a Football Australia pathway program designed to supplement club training for the state's most gifted or potentially talented players.
- Our aim is to avoid mass open trials for all ages from 2022 as we recognise the inefficiencies of this process in capturing talent.
- Therefore, we will begin to identify players for the 2022 U13 TSP program during the 2021 season.
- Players will be assessed in their own environment for a greater period of time.
- Club staff will work closely with FQ Club Ambassadors during this process.

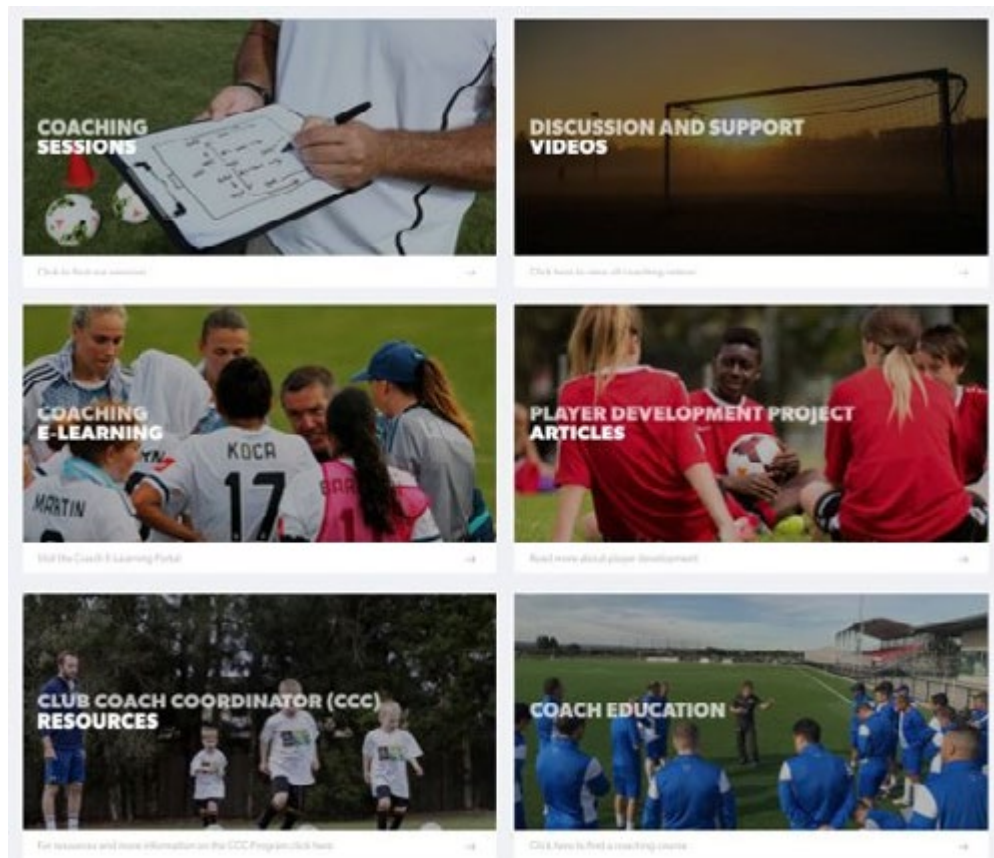
Brisbane Roar Academy U13 Boys Pathway

- BRFC coaches are scouting at SAP events.
- BRFC to finalise their U13 team selection by the end of the season or first week of the off-season to allow NPL clubs to replace successful players.



FQ SAP RESOURCES

PLAYFOOTBALL.COM.AU/COACH



GAMECHANGERS.COM/PATENTS

Helping to develop players' understanding of the importance of body position

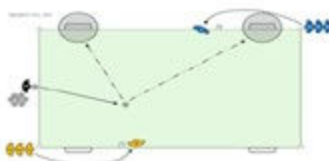
Coaching young players to understand the importance of body position in team sports is critical to them being able to play quickly, and at the highest level.



Shapers

Shapers were invented to show orientation (body position) clearly and unambiguously. Engage your players and communicate with clarity.

Available in 3 sizes: Shapers MINI, Shapers, Shapers MAX



Session Planner

Create high quality session plan images quickly/easily, improving the visibility of sessions for your players, your coaching team and your coaching network.



