



First Kicks (3½ - 6 years)

Please read and keep this information to refer to later as it may answer many of your questions throughout the season. The First Kicks programme caters for children turning 4 years through to children turning 6 years during the calendar year.

The First Kicks programme focuses on giving children their first experiences of football. The aim of First Kicks is to have lots of fun and fall in love with football; if children love it they will keep coming back.

Focus

- Discover the ball and its movement
- Fundamental movement skills
- No set teams – mixed teams each week
- Positive football experience

Training / Practice

There is no additional training or practice for First Kicks.

Games

During the football season First Kicks players play games once a week, your Game Day is:

Saturday
8:50-10:00am
Jim Cooke Park, Nimmo Ave, Waikanae

Each week the First Kicks grade play at Jim Cooke Park on the field directly over the stopbank from the changing rooms (at the end of Nimmo Ave). First Kicks usually play along the sideline of the field on the river side, however, at times they need to move in order to minimise damage to the field; your Grade Coordinator will advise you if there is a change in location.

On Game Day the children are lined up in two lines according to age, 3-4 years and 5-6 years, then sorted into teams of up to 8 players. Each team is assigned to their first coach who will take them to their first station.

There will be 4-5 stations setup, each with a coach playing a different game that focuses on a different aspect of football. The children play at each station for 8-10 minutes before moving onto the next station; the coach doesn't change station only the children move. After rotating through 3 stations the children will then play 3 Small Sided football games.

The games are a simplified football game with 3-4 a side, no off-side, no goalies, and no score keeping. The games last 8-10 minutes each with no half time and a 2 minute break between games to have a drink and move to the next field.

We do not have set teams in First Kicks. Your children will get to play with different children and coaches each week, allowing them to make more friends and get to know more people. This model has worked very successfully for the last few years and covers any children absences.

Please note that children will be lined up at 9am sharp but we ask that you arrive NO LATER than 8:50am. Arriving on time allows for children to have a kick around and get comfortable in their surroundings making them happier and more confident to play. It is also very difficult to allocate children to a team once the allocation is complete and teams have been sent off with the coach. Bear in mind that coaches and coordinator volunteers have their own children to sort out also.

Parking availability at Jim Cooke Park can vary depending on the number of games other grades may be playing there. It can be horrendous once every 4 weeks when the 7/8th Grade Football Festival is playing as that brings in excess of 100 children playing at the same time so you must allow yourself time find a park and get onto the field; your Grade Coordinator will warn you when this is going to occur.

It is expected that parents remain at Jim Cooke Park during First Kicks. You are encouraged to play the games with your children if they require support or confidence. If you must leave your child during the hour it is expected that you inform your child and find another parent to look after your child during your absence.

Game day format:

- 8:50 Arrive at Jim Cooke Park, allow time to walk to the other side of field and for difficult parking
9:00 Sorted into teams and allocated coach
9:05 Game Stations start
Games last up to 10 minutes each; only 8 minutes at the beginning of the season until the children's fitness builds up.
Whistle signals end of game, time to get a drink and move fields.
9:30 Small Sided Games start
Games last up to 10 minutes each.
Whistle signals end of game, time to get a drink and move fields.
10:00 Games finish and Player of the Day certificates awarded. Home time.

Spectator Behaviour

It is expected that you **positively** encourage your children from the sideline or on the field. The sideline of children's sport is no place for negativity or ugly behaviour – children model what they see. We want the children to love football and to want to keep coming back to play.

Technique criticism is also unwarranted and unwanted from the sidelines. We respect that you have been taught to play football a certain way but please let us teach them when on the field.

In the unlikely event that you witness unsporting behaviour on the field or sideline please inform your Grade Coordinator and this will be communicated to Capital Football.

Uniform

No uniform is required for First Kicks but children should be dressed in appropriate clothing that allows them to move freely. Football boots and shin pads are essential safety equipment you're your child must wear every week. It is recommended that football socks be worn to help further protect your child and hold shin pads in place. Club socks can be purchased for \$14.

Game Days – Shin pads and football boots must be worn otherwise child cannot play.

Cancellations

- *Game Day* will be cancelled if the grounds are closed on in adverse weather. Cancellations are announced on Facebook www.facebook.com/waikanaeafc or via email from your Grade Coordinator no later than Saturday 8:00am.

Absences

Absences for First Kicks do not need to be advised. However, if your child is going to be away for an extended period please inform your Grade Coordinator.