



PUKEKOHE FIRST KICKS FOOTBALL

PLAYER PROGRAMME FOR 4-7 YR OLDS

PUKEKOHE AND TUAKAU FOOTBALL CLUSTER 2018

All games will be played at the A & P Showgrounds and will run from 9.00am – 10.00am every Saturday.

Upon very wet weather the A & P Showgrounds may be closed. Please check the club website: www.pukekoheafc.com frequently to provide information as to whether trainings are permitted on the A & P Showgrounds for that week or whether play will happen on a Saturday.

To check if play will continue on any given Saturday morning please phone our **Club Wet Weather Line and listen to the message: 027 483 4078**. Please do not leave a message on this phone as it is not checked regularly.

FIRST KICKS PODS:

PARENT GAME LEADERS

We will need a Parent who will be an assigned Pod Co-ordinator (Yellow Hi Vis Vest). We have a group of Duke of Edinburgh Award students, Outdoor Education and Sports Leadership students from local High Schools to assist us, called Game Leaders (Orange Hi Vis Vests). If you would like to volunteer for one of these roles please let us know as we still need parent game leaders and pod co-ordinators.

We will provide training and of course you will be placed on your child's pod.

With sufficient numbers we will roster so that it is not the same people all the time.

PODS PLAYING & TRAINING

A pod will consist of 4 playing fields (stations). Each field (station) will run an activity providing training that will meet the four corners of player development, technical and tactical, physical, mental and social/emotional.

The players rotate on a clockwise basis around the four fields. Each field (station) will have a different activity running for approximately 8-10minutes. This will be general movement, football coordination, football technique or a small sided game. By rotation the players will experience different coaches and strengths in coaching

Once each group has been to every field (station) they will play 2 games of **continuous football**. These games are intended to be free flowing with little or no stoppages ensuring speed of play, maximum involvement by the players with lots of touches on the ball. The players will then experience lots of success and above all have fun.

POD CO-ORDINATOR

Each Saturday the pod coordinator (parent/person in charge of the pod Yellow Hi Vis Vest) will organise game leaders.

They will also decide with the game leaders who also receive the player of the day certificates for the pod. Game leaders who have no children playing can be rotated to other pods.

POD PLAYER NUMBERS

At this stage it is envisaged that we will have 24 children in each pod, by having the pod unit system we can still mix the players into 3v3 (6yr olds) and 3v3 or 4v4 (7 yr olds). For the 4yrs & 5 yrs olds they will only play football related games/activities. This also allows us flexibility if children are away, we can run fewer fields on the pod at a time, for example if only 18 children turn up then we run three fields of children but still have the four rotations. We can also add children to pods if necessary or if we have late registrations in say the 7th grade we can go to larger pods of 4v4.

Each pod is responsible for the setting out the equipment for the four rotations/activities. Pod coordinators and game leaders with the help of parents will set up their own pod. Remember everything you need for the pod; equipment, cards, instructions etc will be at the flag for you. If everyone does just a little bit it all adds up.

When finished, all players and parents/caregivers will need to bring all equipment back to be stored away.

Please ask your children not to touch the equipment (especially the balls) at the flags as we will have counted out exactly what is need for the activity/rotation. We will try to have a few extra balls away from the pods for them to have a kick around while waiting.

UNIFORM

Parents are asked to supply football boots, shinpads, football socks and shorts.

The maroon Club Nike socks and shorts can be purchased from Stirling Sports Pukekohe. Pukekohe AFC members receive a discount on purchase.

The football boots and shinpads can be purchased from Rebel Sports, Warehouse, Stirling Sports Pukekohe.

The club supplies the playing t shirt to all paid members and this must be returned at the end of the season.

Please note: All shinpads must be worn inside the sock against the leg.