



Caboolture Sports FC

Transition from Mini Roos to Youth Competitive Football

Whether your child is just starting in Mini Roos or progressing into Under 13's competitive football, we are excited to have you as a part of our community. We understand that there can be a lot of questions about what changes as players transition to competitive football at an under 13 level. This guide explains the key differences so that you know what to expect as your child progresses through our programs.

What is Mini Roos Football?

Mini Roos is designed as an introductory program for children aged 5 to 12 years old, focusing on fun, learning and development. The environment is friendly and non-competitive allowing young players to enjoy the game and develop essential football skills without the pressure of competition.

Key Aspects of Mini Roos:

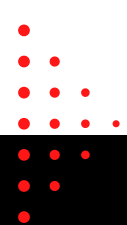
- **Age Group:** 5 to 12 years
- **Focus:** Fun, participation and foundational skills.
- **Game Format:** Smaller teams and fields (4v4, 7v7 or 9v9 depending on age group.)
- **Rules:** Modified rules to make the game simpler and more enjoyable.
- **Scoring:** No official scores or league standings are kept.
- **Coaching:** Emphasis on basic skills, teamwork and building confidence.

Transitioning to Youth Competitive Football

As players enter the Under 13s age group, football becomes more structured and competitive. This marks the beginning of youth competitive leagues, where players get their first taste of official scoring, standings and a higher level of skill development.

Key Aspects of Youth Competitive Football:

- **Age Group:** 13+ years (or turning 13 in the year).
- **Focus:** Skill development, tactical understanding and competitive play
- **Game Format:** Full size teams on a regulation field with standard rules
- **Rules:** Official Football Queensland competition rules apply.
- **Scoring and Standings:** Official scores are kept and teams compete in leagues with season standings.
- **Coaching:** Focus shifts to more advanced techniques, strategies and conditioning





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Parent Expectations and Involvement

Mini Roos

- **Parent Involvement:** Encouraged to support and cheer on their child. Parents are invited to volunteer in roles such as team manager or assistant coach.
- **Time Commitment:** 1 training sessions per week and games on a Saturday within the Moreton Bay Region.

Youth Football

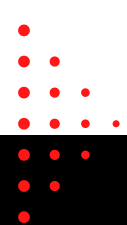
- **Parent Involvement:** Strongly encouraged to support their child's commitment, attend games and volunteer if possible. The role of a supportive parent is essential in creating a positive competitive experience.
- **Time Commitment:** 2 training sessions per week and regular games throughout the season. Travel for games will be required.

How We Support the Transition

- **Skill Development:** Coaches help players advance from fundamental skills to more complex techniques and tactical understanding.
- **Focus on Growth:** We emphasise personal growth, resilience and sportsmanship which are critical as players experience wins and losses.
- **Community and Team Spirit:** Building friendships and learning to work as a team remain priorities, supporting both personal and social development.
- **Parental Involvement:** We encourage parents to support their child's journey by attending games and cheering positively.

Pathway and Future Opportunities:

- **MiniRoos:** provides a solid foundation in football, preparing players for the next stage of competitive football.
- **Youth:** Competitive football is an important step for players aiming to progress to higher leagues, school teams, representative teams or potential professional pathways.





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Final Notes

As your child transitions from Mini Roos to Youth Football, we are here to ensure that they have a positive, supportive and challenging environment to help them grow.

Our coaches, staff and volunteers are always available to answer questions or discuss any concerns. We look forward to an exciting season ahead with you and your child at Caboolture Sports FC.

