



# 2010 U7 MCGRASS ROOTS DAY



This year sees not only a change of name, but a changed format.

All U7 teams will participate in regular fixtures in Round 7, with all U7 players receiving a McDonald's voucher.

Prior to U7 fixtures, all parent and coaches are invited to attend the  
**U7 McGrass Roots Day**  
to be informed of the adaptations FFA has introduced to Small Sided Football since its inception.

This three-hour informative session will enable participants to receive their  
**Grass Roots Coaching Licence free of charge.**

Join Bill Mitchell, North Queensland Regional Development Officer, on the Street's Paddlepop and Coutts Redington Chartered Accountants fields (6A, 6B, 6C & 6D)

**Saturday 29 May 2010**

**10:30am—1:30pm**

Optus Small Sided Football is a modified form of 11 a-side football, designed to meet the needs of players between the Under 6 and Under 11 age groups, who have very different developmental characteristics and needs to adult players. The philosophy of Optus Small Sided Football focuses on enjoyment and freedom of expression with limited emphasis on coaching per se, particularly in the formative years of a player's development.

Come along and discover how you can best assist your child/team to enjoy Small Sided Football.



Proudly sponsored by McDonald's Family Restaurants