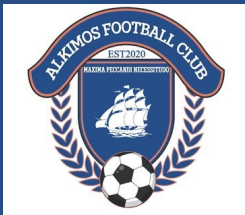


# Alkimos Football Club

Juniors Information Pack

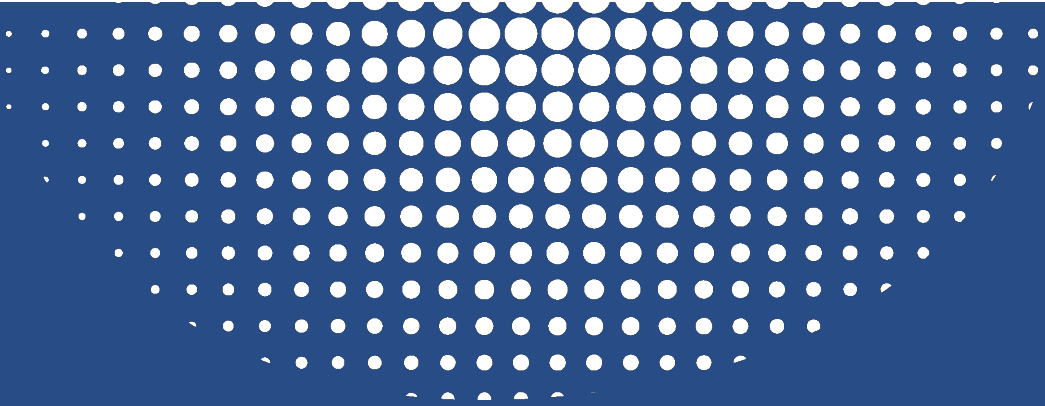


# Contents

Everything you need to  
know about being part of  
Alkimos FC



- Foundations
- Teamwork
- Matchday Rules
- Team Structures & Format
- Useful Info



# Foundations





# About Alkimos FC

*"Play for the badge, play for the fans, but most of all, play because you love it"*

**We are the fastest growing community sports club in Perth's Northern Suburbs.**

Founded in 2020, Alkimos Football Club has quickly become the fastest-growing community sports club in Perth's Northern Suburbs. Born out of a passion for the game, our club was created by football enthusiasts, for football enthusiasts, bringing together a thriving community that shares a love for the sport.





# Our Vision

*"To foster a positive, inclusive, and high-quality football environment that nurtures young players' passion, skills, and character, enabling them to reach their full potential both on and off the pitch."*





# 5 Foundational Blocks

***"BELIEVE"***

Alkimos FC focuses on long-term player development, gradual competitive exposure, and pathways from juniors to competitive leagues.

The club prioritizes player wellbeing, safeguarding, inclusivity, and fostering a strong sense of identity and pride.

Core values include sportsmanship, teamwork, and respect, supported by tailored training and holistic growth. A unified approach to nurturing players and aligning with the club's philosophy





# Teamwork

# We Need Your Help

*“Where there is effort, attitude  
and desire... nothing is  
impossible!”*

Behind every amazing junior team at Alkimos FC is a community of champions – parents, grandparents, friends, and family members who step up and make it all possible!

Your enthusiasm, support, and time are what create unforgettable memories for our players. Together, we’re not just running a football club; we’re building a family that celebrates teamwork, growth, and the joy of the beautiful game.

Alkimos FC thrives because of our incredible volunteers – YOU. From the sidelines to the canteen, every little effort contributes to matchdays running like clockwork and ensures the kids have the best experience possible.

We can’t do it without you! Join us in making game days a success by helping with the following duties. Let’s keep creating magic for our young stars!

**YOUR CLUB**





# Team Roles

## Team Administrator

*“Football is played with the head and heart. Your feet are just the tools”*

Your team will be designated a head coach to carry out training and matchdays.

However, they will need support, and we ask that each team can nominate a person or rotate the duty around for the below tasks to help with the smooth running of the team.

- **Record-Keeping:** Maintain attendance records and player information. (advise if a team is short on numbers for match day)
- **Game Day Support:** Coordinate team setups on match days.
- **Issue Resolution:** Address team-related issues and communicate updates as needed to coach or director
- **Helping Hands Organiser:** Rotas for parent helper tasks



# Team Roles

## Assistant Coach

*“Talent without working hard is nothing”*

- **Support:** Assist the head coach in delivering training and game-day activities.
- **Development Focus:** Help guide players in skill-building and teamwork.
- **Safety Oversight:** Monitor player safety and assist with first aid if needed.
- **Feedback:** Provide additional feedback and support to players as directed by the head coach



# Helping Hands

*“Don’t practice until you get it right, practice until you can’t get it wrong”*

The below activities are vital to ensure that the matchdays go off without a hitch, and with everyone chipping in it really helps things run smoothly.

The kids will also really appreciate the refreshments !



- Help setup up “Home” matchday equipment (goals, corner flags etc...)
- Half time oranges
- Full time lollies
- Referee for home games
- Help takedown and store all “Home” match day equipment
- Support the coaches where you can





# Match Day Rules



# Do's & Don'ts

*"Football is the only thing  
that can bring together an  
entire country, regardless of  
political or religious  
differences"*

## Do's

- Arrive at the time instructed by your coach
- Cheer the team on for:
  - Passing
  - Defending
  - Saving a goal
  - Scoring
  - Trying hard
  - General encouragement
- Help and volunteer

## Don'ts

- Shout instruction from the side.  
(That's the coach's job)
- Leave any litter or belongings behind
- Be verbally or physically aggressive to the referee, coaches or other parents  
  
(The game will be stopped, and any repeat behaviour will see you ejected from the club)
- No booing, mocking, or negative comments about opponents.

*In 2025 we will be introducing a roped off area around the playing pitches,  
we kindly ask that all spectators stay behind this to keep the pitch free  
from obstruction. Thank you.*



# Player Kit & Team Merch

*“No one is bigger than the team, you win together, and you can certainly lose together”*

## Player Kit

- Full team kit including socks (provided)
- Shin guards
- Water
- Cold weather jacket
- Studded football boots



## Team Merch

In 2025 we are excited to roll out Alkimos FC Team Merch, our Players can show their commitment on and off the ground, but most of all our Supporters can show their colours as well!

Watch this space for ordering soon!





# Team Structures & Format



# Miniroos

*“Football, like life, is filled with ups and downs, and the most important thing is to keep moving forward and never give up”*

## Under 6's to 7's

- Aimed at beginners
- Sessions focusing on basics like dribbling, passing, & shooting
- Weekly fixtures for players to practice skills and get game time.
- Split into age-specific divisions (e.g., U6, U7, etc.).
- Matches played on modified pitches with smaller goals.
- Not set player positions, players should experience all positions
- 4v4 format with no goalkeepers.
- Results aren't officially recorded to prioritize fun and learning over winning



# Miniroos

*"If you're not playing with passion, then you're not playing football"*

## Under 8's to 11's

- **U8 & U9:** 7v7 format with a goalkeeper.
  - Introduction of positional play and teamwork concepts.
  - Coaches and players to look at positions within the teams
- 
- **U10 & U11:** 9v9 format with goalkeepers.
  - Gradual transition toward full-sized football with larger pitches and tactical awareness
  - Players should have a defined position with awareness of their role
  - Results aren't officially recorded to prioritize fun and learning over winning





# Junior League

*"The best players don't pull others down, they lift them up"*

## Under 12's to 16's

- Teams begin playing in junior competitive leagues organized by Football West.
- Points are recorded, and leagues have standings, fostering a competitive spirit.
- Teams are graded at the start of the season based on skill and performance levels.
- Players begin learning team shape, formations (e.g., 4-4-2, 4-3-3), and positional responsibilities.
- Emphasis on refining technical skills like passing, dribbling, and shooting.
- Introduction to advanced concepts like set pieces, pressing, and building out from the back.
- Coaches encourage resilience, teamwork, and decision-making under pressure.





**Useful Info**

# National Playing Rules & Formats

## Miniroos

*"Football is a simple game, 22 men chase a ball for 90 minutes, and at the end, the Germans always win"*

MiniRoos Club Football

**UNDER 6 & 7**

MiniRoos Club Football

**UNDER 8 & 9**

MiniRoos Club Football

**UNDER 10 & 11**

[Click here for all Football West Mini-roo Rules](#)





# National Playing Rules & Formats

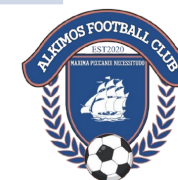
## Under 12's +

*"As in life, you can't score a goal if you don't take the shot"*

- **Ages U12 to U16:** Matches increase in complexity, size, and duration as players progress.
- **Competitive Play:** Scores, league tables, and finals are introduced from U12, emphasizing competition.
- **Full FIFA Laws of the Game:** Players transition to the standard rules of soccer, with age-appropriate adjustments.

Under 12 (U12)	Under 13 (U13)
<ul style="list-style-type: none"><li>• <b>Format:</b> 9-a-side (includes goalkeeper)</li><li>• <b>Field Size:</b> Approx. 60m x 40m</li><li>• <b>Goal Size:</b> 5m x 2m</li><li>• <b>Match Duration:</b> 30 minutes per half (60 minutes total)</li><li>• <b>Ball Size:</b> Size 4</li><li>• <b>Offside Rule:</b> Applies for the first time</li><li>• <b>Substitutions:</b> Unlimited, rolling subs allowed</li><li>• <b>Throw-ins, Corners, and Free Kicks:</b> Standard FIFA rules apply</li></ul>	<ul style="list-style-type: none"><li>• <b>Format:</b> 11-a-side (full teams)</li><li>• <b>Field Size:</b> Approx. 90m x 60m</li><li>• <b>Goal Size:</b> Standard goals (7.32m x 2.44m)</li><li>• <b>Match Duration:</b> 35 minutes per half (70 minutes total)</li><li>• <b>Ball Size:</b> Size 4</li><li>• <b>Offside Rule:</b> Enforced</li><li>• <b>Substitutions:</b> Unlimited, rolling substitutions (depending on competition rules)</li></ul>
Under 14 (U14)	Under 15 and Under 16 (U15–U16)
<ul style="list-style-type: none"><li>• <b>Format:</b> 11-a-side</li><li>• <b>Field Size:</b> Full-sized field (100–110m x 64–75m)</li><li>• <b>Match Duration:</b> 35 minutes per half (70 minutes total)</li><li>• <b>Offside Rule:</b> Enforced</li><li>• <b>Ball Size:</b> Size 5</li><li>• <b>Substitutions:</b> Unlimited, rolling substitutions (competition-specific)</li></ul>	<ul style="list-style-type: none"><li>• <b>Format:</b> 11-a-side.</li><li>• <b>Field Size:</b> Full-sized field.</li><li>• <b>Match Duration:</b> 40 minutes per half (80 minutes total).</li><li>• <b>Ball Size:</b> Size 5.</li><li>• <b>Offside Rule:</b> Enforced.</li><li>• <b>Substitutions:</b> Unlimited, rolling substitutions (competition rules).</li></ul>

Junior Football Review Infographics



# Training and Match Times

*“The great thing about him, is that he will not quit”*

- All teams will have a least one training session per week on a Wednesday evening
- Dependent on the age group, a second training session , may be added
- Matches will be played on a Sunday morning at either are home ground (Heath Park) or at the away team's ground.
- Match times and fixtures will be available on the “Spond” App that you will need to download on your phone to keep updated with the latest news. Your corresponding league code and information will be shared via email.



Spond - Apple iOS

Spond - Android

In Season 2025 we are excited to collab with our friends at Evolution Football Training, and Club Members of Alkimos FC will benefit from reduced pricing and other exciting promotions throughout the Season.



# Club Contacts

*"Success is not given, it is  
earnt"*

POSITION	NAME	CONTACT
President	Priyen Chetty	<a href="mailto:president@alkimosfc.com.au">president@alkimosfc.com.au</a>
Secretary	Georgina Butterwood	<a href="mailto:secretary@alkimosfc.com.au">secretary@alkimosfc.com.au</a>
Junior Director	Simon Carter	<a href="mailto:juniordirector@alkimosfc.com.au">juniordirector@alkimosfc.com.au</a>
Senior Director	Position Open	
Registrar	Claire Ridout	<a href="mailto:registrar@alkimosfc.com.au">registrar@alkimosfc.com.au</a>
Events & Fundraising	Kerry McSheffrey	<a href="mailto:info@alkimosfc.com.au">info@alkimosfc.com.au</a>
Bookkeeper	Maxine Scales	<a href="mailto:accounts@alkimosfc.com.au">accounts@alkimosfc.com.au</a>
Media & Communications	Emily Dickens	<a href="mailto:communications@alkimosfc.com.au">communications@alkimosfc.com.au</a>





**We can't  
wait to see  
you all for  
season  
2025**

*"The first 90 minutes are the  
most important 😊"*

To chat further please contact...

Priyen Chetty  
Club President

Simon Carter  
Director of Jnr Football

