



Coaching & Playing Policy

Purpose

To give Coaches, Officials, Parents, Guardians and Players the expectations placed on Coaches by the Club.

Scope

Player Qualification

- 1) The League sets maximum home and away player numbers per team. If a Player is asked to miss a match due to the team exceeding the League numbers, then they can only miss a second match after every other player in the team has missed a match.
- 2) Players will only play in their age group and any player wishing to permanently play in a different team must first seek the approval of the Committee. This approval will only be valid for the respective year.
- 3) Any player who qualifies for finals shall play for that team and can't be asked to stand out. Players who receive special dispensation from the League shall only play under the conditions set by the League and Committee.
- 4) A player who qualifies for two teams in the finals will play for the higher aged team unless there is dispensation from the League and the Committee agree.

Matches

- 1) During the home and away season each Player shall receive a minimum match time:
 - a. For U/13 and lower age groups, three quarters of a match for a team with a maximum of 21 players and half a match for teams with 22 to 24 players;
 - b. For U/14 and higher age groups, half a match regardless of team numbers;
 - c. In the event the playing time is shorter, the Player, Parent/Guardian must bring this to the attention of the Coach before the next match. The Coach at that next match will play the Player additional time to make up for what was lost.
 - d. If the Coach disciplines a Player with shorter playing time this must be communicated and approved by the Coaches Co-Ordinator otherwise additional make up time is to be played the following week.
- 2) During the finals each Player shall receive a minimum of a quarter of a match.
 - a. In the event the playing time is shorter (refer to 1c above)



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- 3) Any Coach looking to make up numbers with Player from a lower age group may only do so under the following circumstances:
 - a. The team has less than 20 players and can only be made up to 20 players
 - i. Any player filling in must start on the interchange if there is one and receive a minimum one quarter of a match;
 - b. The Coaches Co-Ordinator approves the request on every occasion;
 - c. The Player can't be from more than two age groups down;
 - d. The Parent/Guardian of the Player provides their consent;
 - e. The Player's Coach is informed;
 - f. For finals as per the League requirements.

Training

- 1) Coaches in consultation with the Coaching Co-Ordinator will arrange times and nights of training. Note: Typically age groups up to and including U/11s train 1 night a week and U/12s and above train 2 nights a week.
- 2) Coaches are to seek approval from the Committee via the Coaching Co-Ordinator before any change in schedule or venue. This is to ensure appropriate safety and insurance considerations are met.
- 3) Coaches up to and including U/11s shall concentrate on and promote the development of basic football skills. Therefore at least half of each training session shall involve the following skills:
 - i. Kicking on both feet;
 - ii. Handballing on both hands;
 - iii. Bouncing with both hands;
 - iv. Overhead and chest marking;
 - v. Picking the ball off the ground;
 - vi. Tackling (at appropriate age).
- 4) Coaches for U/12s and over shall spend at least 15-20 minutes per session to concentrate on and promote the development of basic football skills. These shall include:
 - i. Kicking on both feet;
 - ii. Handballing on both hands;
 - iii. Bouncing on both hands;
 - iv. Overhead marking;
 - v. Picking the ball off the ground;
 - vi. Smothering, Shepherding and Tackling (at appropriate age)

During these basic skill sessions in (3) and (4) above, small groups (3-5 players) and many footballs must be used to ensure the Players handle the ball frequently. The expectation is that all these skills will be developed and reinforced over the year.