
Female Football Coaching & Support Staff Practices and Behaviour

AFL North East Border Female Football League has adopted the following Coaching Practices Policy to assist in the development of players. AFL NEBFFL Coaches are required to implement the policy in their coaching practices. AFL NEBFFL takes very seriously breaches to its coaching practices and philosophies and will impose the appropriate disciplinary actions.

Coaching Practices

AFL NEB Coaching Mandate

The AFL NEB coaching mandate for female football is the primary focus on basic skill acquisition. Absolute preference to teaching the basic skills of Australian Rules football should be the focus of coaches.

‘Taggers’/‘Run Withs’

‘Taggers’ whose sole aim is to stop the opposition player from gaining possessions are not to be used in the AFLNEB FFL.

It is acceptable however that ‘run withs’, who seek to gain possessions themselves whilst maintaining close checking of their opponent, are used. The same players are not to be used as ‘run-withs’ each match.

Positional Rotations of Players

Coaches are required to give players the opportunity to demonstrate proficiency at playing in a variety of positions and players should be used in a number of roles throughout the season.

Extra Player in Defence

‘Flooding’ the opposition’s forward line or midfield (i.e. the practice of moving multiple players to fill space in the opposition’s forward half) is not to be used in the AFLNEB FFL. It makes it very difficult for forwards to develop, does not encourage accountability for mid fielders, and reduces the skill development of back line players.

For AFLNEB FFL purposes ‘Crowding’ is defined as having two or more additional players positioned permanently on the defensive side of the ball in the opposition’s forward fifty-metre area.

‘Flooding’ is the proactive practice of moving multiple forward line players into the opposition’s defensive half of the ground with the aim of restricting space and retarding the fluent delivery of the football to the forwards.

At centre square bounces, teams are only to have 6 players in the defensive half.



Crowding and Flooding as defined above are not permitted in the AFLNEB FFL as it is contrary to the development philosophy of the competition. Crowding and Flooding do not assist the development of the:

- Midfielders for the attacking team who can gain many uncontested possessions and who will have many uncontested disposals;
- Defenders of the defending team who are receiving support from additional team members;
- Attacking team's forwards who are being crowded by additional defenders and not therefore able to develop their skills as effectively as otherwise possible.
- 'Crowders' or 'flooders' and their accountability for an opponent.

Coaching & Support Staff Behaviour

Coaches, team officials and players are role models within the competition and swearing or over the top aggressive, intimidating actions will not be tolerated in the AFLNEB FFL.

Coaches and team officials are to be controlled in the coaches' box due to the audibility of their coaching with the small crowds that are in attendance at AFLNEB FFL matches and players shouldn't be coached in a way that results in them swearing, being excessively aggressive etc., before or during play.

Team officials shall consist of a coach and no more than four (4) other persons, making a total of five (5). Only those acting as team officials are permitted inside the oval boundary fences during play. All personnel, including players on the bench, must remain at least two (2) metres clear of the boundary line.