

Tea Tree Gully District Junior Football Club Coaching Handbook



Established in 1862 the Tea Tree Gully Football Club is one of the oldest 'clubs' in Australia and is immensely proud of its past and very passionate about its future. We are privileged to have you as part of our great club's journey.

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1. Introduction

Club Coaching Philosophy

Welcome to the Tea Tree Gully Junior Football Club. We would like to take this opportunity to thank you for taking on this vital role as one of the junior coaches of our great club. Your commitment and knowledge will be imperative to the development of our players throughout the season. As a junior coach you will have a vital role in positive contributions to the Football Club and we look forward to working with you and assisting you in your role.

At the Tea Tree Gully Junior Football Club we strive to provide a professional standard of coaching focused on maximising enjoyment, development and retention of players. Our club's coaching philosophy for each age group can best be defined using the below breakdowns.

U7s – U11s

Development 50%

- Select activities that provide ALL players opportunities to repeatedly practice the fundamental skills of the game (kicking, handball, marking, pick up off the ground)
- Ensure training and playing environments are focused on ALL players learning and continuous improvement. Coaches are seen as teachers.

Fun 50%

- All coaches use a positive, supportive and enjoyable coaching approach
- Training activities maximise individual player involvement and are engaging
- Equal game time is provided

Winning 0%

U12s – U13's

Development 40%

- Training activities have small numbers and multiple groups to maximise the individual player involvement
- Training activities include a high percentage of game based activities that look similar to an element of the game
- Coaches maximise player learning and create thinking players by facilitate learning conversations rather than telling (eg. asking players questions)

Fun 40%

- Fun should always remain a high focus for all age groups, keeping players motivated to keep coming back, improving and loving their experience
- All coaches use a positive, supportive and enjoyable coaching approach and both games and trainings are enjoyable

Winning 20%

- Players begin to learn basic game plans, tactics and specifics of different positions

U14s – U16s

Development 35%

- Training activities have small numbers and multiple groups to maximise the individual player involvement
- Training activities include a high percentage of game based activities that look similar to an element of the game
- Coaches maximise player learning and create thinking players by facilitate learning conversations rather than telling (eg. asking players questions)

Fun 35%

- Fun should always remain a high focus for all age groups, keeping players motivated to keep coming back, improving and loving their experience.
- All coaches use a positive, supportive and enjoyable coaching approach and both games and trainings are enjoyable.

Winning 30%

- Players continue to develop basic game plans, tactics and specifics of different positions.
- Players begin to learn more complex in game plans, tactics and roles of specific positions.

U17.5s

Development 30%

- Focused on developing players for their transition to Senior football.
- Offering opportunities to experience senior football through both games and training.

Fun 30%

- Fun should always remain a high focus for all age groups, keeping players motivated to keep coming back, improving and loving their experience.
- All coaches use a positive, supportive and enjoyable coaching approach and both games and trainings are enjoyable.

Winning / Commitment 40%

- Players to strive to develop more complex game plans, tactics and specifics of their set position/s.

Club Mantra

We are an inclusive club, ensuring that we are welcoming and providing opportunities to all players, regardless of ability, gender, nationality, age, religion or background.

Player retention through safe, enjoyable learning environments is extremely important as we take great pride in developing and retaining young players to progress into our senior program at the Under 18 level.

As coaches, we understand the significant positive impact we can make on game day environments and club culture. It is important to ensuring all coaches lead by example and act respectfully to all people both within and outside of our club.

All coaching decisions and actions at our football club should always reflect this philosophy.

“Watch your THOUGHTS, they lead to attitudes,

Watch your ATTITUDES, they lead to words,

Watch your WORDS, they lead to habits,

Watch your HABITS, they form your character,

Watch your CHARACTER, it determines your REPUTATION/DESTINY.”

2. Code of Conduct

Coaches Code of Conduct

I..... of

Tea Tree Gully Junior Football Club,

hereby commit, to the best of my ability, to uphold the AFL Coaches' Code of Conduct.

I understand that as an integral component of my accreditation, I must maintain a standard of behavior and conduct in the best interests of the game and the players/staff in my care.

In representing myself in an honest manner, and without bringing the coaching profession or the Game into disrepute, I will endeavour to uphold the following to the best of my ability:

1. I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, by refraining from any discriminatory practices including, but not limited to, discrimination on the basis of race, religion, gender, ethnic background, special ability/disability or sexual orientation, preference or identity.
2. I will abide by and teach the AFL Laws of the Game and the Rules of my Club and League/Association.
3. I will be reasonable in the demands I make on the time commitments of the players in my care, having due consideration for their health and well-being.
4. I will be supportive at all times and I will refrain from any form of personal or physical abuse or unnecessary physical contact with the players in my care.
5. I will have due consideration for varying maturity and ability levels of my players when designing practice schedules, practice activities and involvement in competition.
6. Where I am responsible for players in the 5-18 year old age group, I will strive to ensure that all players gain equal playing time. I will avoid overplaying the talented players aiming to maximise participation, learning and enjoyment for all players regardless of ability.
7. I will stress and monitor safety always.
8. In recognising the significance of injury and sickness, I will seek and follow the physician's advice concerning the return of injured or ill players to training.
9. I will endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players.
10. I will at all times display and teach appropriate sporting behavior, ensuring that players understand and practice fair play.
11. I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
12. I will ensure that players are involved in a positive environment where skill learning and development are priorities are not overshadowed by a desire to win.

13. I reject the use of performance enhancing substances in sport and will abide by the guidelines set forth in the AFL Anti-Doping and Illicit Drugs policies.

I agree to the following terms:

1. I agree to abide by the AFL Coaches' Code of Conduct.
2. I acknowledge that the AFL, or a body affiliated with the AFL, may take disciplinary action against me if I breach the code of conduct. I understand that the AFL, or a body affiliated with the AFL, is required to implement a complaints handling procedure in accordance with the principles of natural justice, in the event of an allegation against me.
3. I acknowledge that disciplinary action against me may include de-registration from the AFL National Coaching Accreditation Scheme.

Note: This "Coaches' Code of Conduct" is to be signed and conformed to as part of the accreditation requirements of the AFL. Coaches should be aware that, in addition to this Code, they may be obliged to sign a further Code of Conduct/Ethics with their Club and/or League.

Coaching Pillars

Respect – Everyone must be treated with respect – club and culture, team mates, volunteers of the club, officials, opposition, family support network.

Organisation – Proper planning and communication. Good planning leads to good communication. Provide structure and set expectations.

Integrity – Person Before Result – always create an environment of honesty – to self and others. Act with humility in victory and defeat. Be a quality person who buys into the team and its values.

Team First – Everything we do is for the betterment of the team. Establish expectations and behaviours required for team success. Hold each other to account.

Self Management – Display self control and conduct self-assessments regularly and honestly – undertake measures to improve and encourage the team to do the same.

SIGNATURE:

DATE:

WITNESS SIGNATURE:

DATE:

WITNESS NAME:

POSITION:

3. Coaching Contacts

| Age group | Head Coach | Contact | Assistant Coach | Contact |
|-------------|------------------|---------------|-----------------|---------|
| U7 Red | Dylan Brown | M:0459050701 | | M: |
| U7 Black | Matt Pearce | M: | | M:: |
| U7 White | Russell Annear | M:0405060766 | | M: |
| U8 Red | Reece Forbes | M: 0418477201 | | M: |
| U8 Black | Michael Turner | M:0439093329 | | M: |
| U8 White | Lachlan Kennett | M: 0424244838 | | M: |
| U8 Grey | TBA | | | |
| U9Red | Mark Hancock | M: 0412855065 | | M: |
| U9 Black | Gavin Patman | M: 0408893617 | Matthew Raymond | M: |
| U9 Girls | Krystal Sawyer | M: 0402074511 | | |
| U10 Red | Daniel Thompson | M: 0431800951 | | M: |
| U10 Black | Matt Styling | M: 0403011233 | | M: |
| U11 Red | Nathan Howe | M: 0418834358 | | M: |
| U11 Black | Steve Friend | M:0423608424 | | M: |
| U11 Girls R | Danny Formosa | M: 0424141277 | | |
| U11 Girls B | Crystal Sim | M:0402575240 | | |
| U12 Red | Justin Maschotta | M: 0450908724 | | M: |
| U12 Black | Heath Rodgers | M:0477761697 | | M: |
| U13 Red | Simon Ebert | M: 0433810240 | | M: |
| U13 Black | Aaron Bails | M: 0438188272 | | M: |
| U13 Girls R | Emma Clark | M: 0450900373 | | M: |
| U13 Girls B | Stuart Forbes | M: 0438858072 | | |
| U14 Red | David Bartel | M: 0408839765 | | M: |
| U14 Black | David Crisanti | M:0467381122 | | M: |

| | | | | |
|-------------|-------------------|---------------|-----------------|----|
| U15 Red | Daniel Kretschmer | M: 0413456746 | | M: |
| U15 Black | Peter King | M: 0411602651 | | |
| U15 Girls R | Wade Collyer | M: 0413865967 | | |
| U15 Girls B | Marissa Penno | M: 0419848223 | | M: |
| U16 Red | Justin White | M: 0412147043 | | M: |
| U16 Girls | | M: | | M: |
| U17.5 Red | Damien Hillibrand | M:0405346648 | Mark Hazelhurst | |
| U17.5 Girls | Andrew Clark | M: 0417866680 | | |

4. Player Management

Match Day Rotation Policy

The on-field rotation of players is a policy developed to enhance the participation and skill development of all players and is outlined in the Club's Selection Policy.

This Policy is to ensure all players feel an essential part of the team, regardless of their age, size, sex, ability or the competition they are playing in. It is critical they have an equal amount of time on the field during the season. This will keep players in the game and reduce the likelihood of them leaving to pursue other sports. It also satisfies parents expectations that their child will be given a fair go. It is recommended that all coaches keep records of weekly game time and position rotations of each player to ensure each has had equal time.

Rotations for Under7 to Under 11

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

Every player in a team should play at least three quarters of a game, and no player should spend more than a half a game in any one position. Further, every player should experience playing on each of the five lines (3 zones in U7-U9) of field position over a three match period.

Note: players should be rotated through a variety of positions on the field in each line/zone, not straight up and down the "spine" or only on the left or on the right side of the field. Coaches and Team Managers must ensure that this policy is adopted as it relates directly to Tea Tree Gully Junior Football Club Selection Policy.

Rotations for Under 12 to Under 13

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

Every player in a team should play at least three quarters of a game, and no player should spend more than a half a game in any one position. Further, every player should experience playing within each zone of the field, being backlines, midfield and forward line.

Players will begin to play specific positions, but with this in mind a player should still be rotated through other zones of the ground for up to 50% of game time.

The difference is these age group players should be left in a position on the field until they have acquired that position's basic strategies and skills. Only then should they move to a new position.

Rotations for Under 14 to Under 17.5

Once children reach these age groups the emphasis shifts from players rotating through all positions on the ground to them gaining a level of competency in specific positions. With that being said, every player in a team should play at least half a game.

Equal Game & Playing Time Policy

The Tea Tree Gully Junior Football Club has a strict policy of “Equal Game Time” for all registered players throughout all junior teams.

All selected players will be given suitable game time each week based on the Club’s Selection Policy. This means Coaches must provide a minimum of 3 quarters per game for all players in U7-U13’s and 2 quarters in U14-U17.5’s. This policy also applies to all finals matches, where the maximum number of players or less are selected to play. The only exceptions to this rule include:

- Occasions where a player from another team or age level is filling in to assist with team numbers (especially if they have or will play another game during the day). Preferential playing time should be given to the registered players of the specific team. However, the coach should still endeavour to allow 2 quarters of playing time for the fill in player.
- Where it has been requested by a parent/guardian that the player play less time.
- Where a player is injured during the game.
- Where a player arrives to the game late or must depart early.
- Where a player has been ‘sanctioned’ for an indiscretion or for an undisclosed training absence. However this will be clearly communicated in a timely manner to the player and parent/guardian.

Player Selection Policy

If team lists extend beyond the number of players required to play, some players will be required to be ‘rostered off’ each week during the season. The Junior Football Operations take all steps to avoid this scenario if possible. If this scenario does present, Coaches and Team Managers should give parents and players the opportunity to advise in advance, any times of unavailability to ensure these games missed are counted as games rostered off.

It is expected that all players will be rotated equitably. The coach and/or team manager is required to maintain an accurate record of player selection and dates when players were rostered off. Ideally this roster is to be disseminated to the parent group in advance of the games being played.

Finals Selection Policy

It is generally recognised that finals football is different from the home and away games. The Finals Selection Policy is based on the following principles.

- An opportunity for as many players as is possible to experience finals football.
- An understanding that player selection and playing time for individual players gives the team the best possible opportunity to win.
- Players registered within the specific team are given priority for selection and only unavailability or injury will preclude them from selection.
- Fill in players can be utilised – however priority will be given to any players who may have already filled in for this team throughout the season – particularly if through filling in – they have already ‘qualified’ for finals.
- Permits may be sought through the appropriate Football Manager of that age group and done so in a timely manner and with sufficient supporting evidence to enable its submission.

5. Football Operations Contacts

Junior Football Director – Gavin Turner – M: 0417886519 E: gavandlisa@adam.com.au

Under 11 – 16.5 Football Manager – Matthew Gunston – M: 0437881006 E: mjgunston@hotmail.com

Under 7 – 10 Football Manager – Craig Stirna – M: 0419037065 E: cadi149@gmail.com

Girls Football Manager – Belinda Baliga – M: 0407184757 E: bcbaliga@bigpond.com

Coaching Development Officer – Matthew Gunston – M: 0437881006 E: mjgunston@hotmail.com

6. Football Resources

Club Coach Development Officer

The Coach Development Officer is available to assist any coach in any grade with training, game day experience, match plan, skill development and any other area. Please make contact with them as above to seek assistance.

SANFL Juniors Website - <https://sanfl.com.au/juniors/resources/>

CoachAFL Website - <https://coach.afl/resources-junior-coaches>

Auskick Website - <https://play.afl/auskick/coordinators/resources>

Coach Assist – <https://coachassist.com.au> (Requires Log-In)

SANFL – Small Sided Games - <https://sanfl.com.au/inside-sanfl/resources/?resource-type=training-resources&resource-audience=coaches>

AFL Coaching Curriculum – <https://coach.afl/junior-coaching>