



PURPOSE OF A JUNIOR COACH JUNIOR DEVELOPMENT

“Building a stronger region for the future”

6 Top Reasons Why Children want more fun when playing football?

- ENCOURAGE TO TRY BEING YOUR BEST
- WHEN A COACH TREATS PLAYER WITH RESPECT
- GETTING GAME TIME AND GETTING ALL PLAYER INVOLVED
- PLAYING WELL TOGETHER AS A TEAM. REWARD TEAM SUCCESS NOT INDIVIDUAL SUCCESS
- GETTING ALONG WITH THEIR TEAM MATES, NO TOLERATION FOR BULLYING
- EXERCISE AND BEING ACTIVE

6 Top Reasons Why Children walk away from football – Less Fun?

- SUCCESS – PRIORITY AND PRESSURE PUT ON THEM TO SUCCEED – TO WIN!
- BORING – SAME DRILLS, TRAINING GOES FOR TOO LONG
- PARENTS AND COACHES YELLING
- SITTING ON THE BENCH AND NOT PLAYING EQUAL PLAYING TIME
- POOR COMMUNICATION
- POOR BODY LANGUAGE

“Once a child stops enjoying it they walk away!”

What Kids want from a Coach?

- RESPECT AND ENCOURAGEMENT
- POSITIVE ROLE MODEL
- CLEAR, CONSISTENT COMMUNICATION
- KNOWLEDGE OF THE SPORT
- SOMEONE WHO LISTENS

What will the Parents want from you as a Coach?

- FAIRNESS AND HONESTY WHEN DEALING WITH PLAYERS
- THE ABILITY TO TEACH
- A COMMITMENT TO THE DEVELOPMENT OF SPORTSMANSHIP
- KNOWLEDGE OF THE SKILLS
- A COMMITMENT TO HAVING PLAYERS ENJOY THE GAME
- KNOWLEDGE OF THE RULES
- KNOWLEDGE ABOUT PREVENTION AND CARE
- A DUTY OF CARE, THAT THE ENVIROMENT IS AS SAFE AS POSSBLE

Clubs & Coaches Expect from Parents?

- REMEMBER THAT CHILDREN PLAY SPORT FOR THEIR ENJOYMENT NOT YOURS
- ENCOURAGE CHILDREN TO PARTICIPATE – DO NOT FORCE
- FOCUS ON CHILDREN’S EFFORTS AND SELF – ESTEEM
- ENCOURAGE CHILDREN TO PARTICIPATE ACCORDING TO THE RULES.
- RESPECT UMPIRES, OFFICIALS AND OPPOSITION PLAYERS
- APPLAUD EFFORTS DON’T CRITICISE!
- SHOW APPRECIATE OF VOLUNTEER COACHES, OFFICIALS AND ADMINISTRATORS
- DON’T YELL OR ABUSE PLAYERS, COACHES, OR UMPIRES OVER THE BOUNDARY LINE



KEY FOCUS POINTS

Coaches, clubs and Parents

- **CLEAR COMMUNICATION** to Parents, Players, opposition clubs and leagues.
- Clubs to focus on **SEAMLESS TRANSITION** from Auskick to Community Football
- **SKILL = POSSESSION = FUN = RETENTION = TRANSITION**
- Remember One teaching Style does not fit all?
VISUAL LEARNERS 65 % - AUDITORY LEARNERS 30 % - TACTILE LEARNERS 5%
- Junior Training should go for no longer **THAN 60 MINUTES**
- In a **60-MINUTE SESSION** all players should touch the ball a minimum of **100 TIMES**
- Focus on **KEY FUNDAMENTALS** of the game – Kicking, Handballing, Marking etc.
- Research recommends players participate in no more than **26 FULL GAMES PER YEAR**
- Monitor playing time on players playing more than 2 games per day
- Coaches to be well structured and organised
- Players to Rotate in **3 DIFFERENT POSITIONS EACH GAME**
- **PLAYERS TO HAVE EQUAL PLAYING TIME EACH GAME**
- **RESPECT FOR UMPIRES AND OFFICIALS** – Players, Coaches and Parents
- Modify Ground if required
- **DUTY OF CARE** and Safe playing Environment
- Players to wear protective **HELMETS AND MOUTH GUARDS**
- Concussion (Head Injury) – **WHEN IN DOUBT SIT THEM OUT!**
- Focus on **DEVELOPMENT – NOT WINNING**
- Keep it simple with Game structure
- **No Ladders** – Under 12 CMFNL
- **No Scores** – Under 12 CMFNL
- **No Finals** – Under 12 CMFNL
- Coaches encouraged to **BE OUT ON GROUND TEACHING PLAYERS.**
- Encourage players to **STAY IN POSITION**
- **NO FOREFEITS** – Utilise League **EQUALIZATION POLICY** – Even Numbers Up!
- Play extra players on the **WING** – **LESS PLAYERS ON THE INTERCHANGE**
- Always provide **POSITIVE FEEDBACK**
- Don't reward Individual Success its all about the **TEAM**
- **ROTATE CAPTAINS EACH WEEK**
- **ROTATE AWARDS EACH WEEK** “CALL THEM ENCOURAGEMENT AWARDS” **EACH PLAYER WILL GET ONE THROUGH OUT THE YEAR**

- **Understand your club's role in the bigger picture**
- **Stand by the club philosophies**
- **Get real when it comes to your impact on the game – Focus on the Players**
- **Understand the importance of player development**
- **Learn from your mistakes**

