

Chatswood Rangers Sports Club



2009 Football Coaches Manual

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Our Club

Chatswood Rangers is a community based sporting organisation catering for junior and senior football and netball players. In 2009 the club has around 600 football players ranging from the Premier League to Under 6's.

Across all age groups and skill levels Chatswood Rangers promotes enjoyment, player development, fairness and sportsmanship. We expect all representatives of our Club to respect and display these values at all times.

Contacts

Website: www.chatswoodrangers.com.au

Email: admin@chatswoodrangers.com.au

Wet weather information: www.kdsa.asn.au

Draw and results: www.kdsa.asn.au (competitions tab in left hand menu)

Club Officials

President

Mike King mm_king@bigpond.com 0419 555 979

Vice President

Richard Pickton rpickton@stratachoice.com.au 0417 207 413

Club & Junior Football Secretary

Vanessa Bagot nvbagot@optusnet.com.au 0416 017 475

Senior Football Secretary

Andrew Younan thekop@optusnet.com.au 0407 447 044

Club Head Coach

Ian Mores ianm@look.com.au 0410 358 591

Junior Equipment Manager

Bernie McCartney Mcccartnymob@optusnet.com.au 9924 0311

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Team Coach's Role and Responsibilities

General Responsibilities

- Make playing soccer fun, with plenty of encouragement and be positive!
- Be a knowledgeable coach! Read and talk about football with other coaches. Attend coaching clinics and courses.
- Respect the opposing team and referees, whether you approve of their actions or not.
- Support your team Manager as required and maintain a happy team!
- Always encourage your team to play to its best ability and take a balanced approach to winning.

Pre-season:

Select a training time and location from The Clubs allocation.

- Sessions after 5pm require lighting and will be allocated to older age groups 1st.
- For U6's you may want to start with just 45minutes and increase it to an hour over the season depending on how they hold up

During the Season:

Check the KDSA (www.kdsa.asn.au) website for wet weather updates and field closures.

Training

- Bring a first aid kit, bibs, balls and woggles hats.
- Plan the structure of your session on paper before each session.
- Encourage 100% player attendance and make training enjoyable and competitive.
- Encourage assistance by parents. For the younger age groups, you need an assistant!
- If more than one parent offers to coach, give it a go! Work as a team!



Matches

- Check the KDSA website for last minute updates on games
- Bring your Chatswood Rangers Sports Bag with your match ball, goalie shirt first aid kit and a whistle.
- Organize a roster for half/part games to ensure each player has equal time off the field. Frequent interchange is allowed up to and including U18s to ensure all players participate equally.
- In U6 and U7 there are no positions all players should be encouraged to move freely over the entire field.
- If you wish to introduce position in U8-U11 players should be rotated through all the playing positions including the goalkeeper's position.
- For U12 & upwards, players will tend to settle into specific positions and this should be encouraged. Always maintain a balance between positional rotation and team performance
- Determine the game tactics.

At the end of the season

- Provide The Club with Player Assessment Report for your team.
- Return the coaches equipment bag and balls to the Equipment Manager

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Coaching Philosophy

Football is a game of skill. Development of the basic technical skills of passing, controlling and dribbling the ball is the most fundamental objective for all Chatswood Rangers coaches.

The best way to encourage technical skill development in young players from 5 to 15 years is to allow them to spend as much time as possible with a ball at their feet.

Ideally, each player should own a ball that is used for club training and the hours of informal "training" in the backyard or school ground. At training, each player should be touching the ball hundreds of times per hour; passing, controlling and dribbling.

Studies show that young players learn more from their peers (ie, team mates) than from instructional dialogue and demonstrations from coaches. The trick is to create training drills that allow young players to be spontaneous and creative in a group environment, without knowing that it's all part of the coach's master plan.

In short, keep the ball moving and keep the player engaged. If they touch their ball 500 times an hour (sounds a lot, but it's quite easy to achieve) and enjoy themselves in the process, the coach has done his job.

While athleticism and physical strength are important attributes for a footballer, they cannot overcome technical shortcoming.

However, the reverse is possible. A player may be small in stature or slow in sprinting, but technical skills and speed of thought will allow this footballer to flourish. Diego Maradona was 5ft 4ins with moderate foot speed, but was the greatest player of the modern era.

That's why the skill of executing a nice dribble or controlling a difficult pass should bring far more applause than a big boot downfield.

WINNING OR LOSING?

Results don't matter. They really don't, as long as players are on a pathway towards technical development. There's a virtuous circle at play. If players learn to pass, control and dribble the ball they will become good, technically proficient players. Lots of good players make a good team. A good team will usually pass, control and dribble in a way that produces goals. They may well score more goals than they concede. Thus, they will win matches, providing some instant joy, but the real satisfaction should come from knowing they are becoming better footballers.

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Coach Development

Chatswood Rangers seek to have all coached of U6 to U10 teams complete the FFA Grassroots Course, and U10+ coaches to hold a Junior Coaching License. When the Club is made aware of coaching courses all coaches will be notified. Details of these courses are below:

Grassroots Certificate

This course is of three hours duration and is aimed at beginner coaches and teachers of players up to 10 years of age. It is designed to give them a basic understanding of their role and to provide them with practical ideas for training sessions.

Course Objectives and Outcomes

- After attending this course the coach will have a basic understanding of:
- What kids' coaching is about
- What kind of activities to provide at training sessions
- How to put together the content of a kids' training session

Course Content

The course centres on the FFA publication 'Coaching Grassroots Football', which each participant receives free of charge when attending this course. Participants will be shown a range of practices from the book and will be able to use the book as an ongoing coaching resource.

Pre-Requisites

Minimum age 15 years old

Candidate Assessment

There is no assessment component on this course. It is an 'attendance-only' course.

Accreditation Award

Participants who attend the whole three-hour course will receive an FFA Certificate, and will be recorded on the FFA database as having attended.

Junior License

This course is aimed towards the beginner coach, managers, parents, teachers and prospective coaches of junior club teams interested in development training methods. The Junior Licence course is for those coaches who require the knowledge and competency to organise junior players into suitable football practices. This course is an accredited program under the auspices of the Football Federation Australia National Coach Accreditation Scheme. Football Federation Australia's Licensed Instructors and authorised Lecturers focus the course content on competent organisation of development practices through the presentation of modern practical and theory methods. The course is also designed to further enhance the knowledge of those coaches who are currently coaching players of a junior age.

Course Objectives and Outcomes

- On the completion of this course the coach will be able to;
- Identify the training requirements of the junior players
- Identify the learning behaviours of junior players
- Prepare a training session appropriate to the needs of the junior players



- Facilitate the learning of the fundamentals techniques/skills
- Identify basic safety and first aid requirements
- Implement basic playing rules

Evaluate the effectiveness of their coaching behaviour

Course Duration

16 hours

Course Preparation

Candidates are advised to undertake adequate pre-course preparation by downloading and reading the Course Content available from www.footballaustralia.com.au/coaching

Candidates are also advised to attend the FFA Grassroots Football Certificate Course, which is ideal preparation for the Junior Licence. It is recommended that the candidates prepare themselves in a physical sense, particularly if they are not actively playing or coaching immediately prior to the start of the course.

Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.

Course Content

Modules will be integrated throughout the course and will include:

- Practice Methods
- Basic Laws and Rooball rules
- Basic technique/skills development
- Planning a junior coaching session
- Basic attacking and defending play
- Role of the coach
- Basic safety first aid
- Development of young players
- Coaching practice evaluation

Pre-Requisites

Minimum age 15 years old

Candidate Assessment

- Successful completion of course work sheets and assignment
- Successful completion of the Rooball basic laws question paper
- Successful completion of a basic practice session
- Participation in all course activities

Accreditation Award

Football Federation Australia Junior Licence (Valid for 4 years)

For information on higher level coaching courses see the following document:

<http://www.footballaustralia.com.au/site/content/document/00000509-source.pdf>

Coach the Coaches

To supplement FFA courses The Club will provide 3-4 Coach the Coach sessions through the season. Coach the Coach sessions can be tailored to the needs of coaches, so please notify The Club if you wish to focus on any particular aspect of coaching.

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Code of Conduct

Chatswood Ranges and KDSA adopt and endorse the code of conduct of Active Australia. These codes are to promote fair play and appropriate behavior by players, parents, coaches, teachers, officials, administrators, spectators and the media.

Players:

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team- mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents:

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Officials:

- Modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants
- Be consistent, objective and courteous when making decisions
- Condemn unsporting behaviour and promote respect for all opponents



- Emphasise the spirit of the game rather than the errors
- Encourage and promote rule changes which will make participation more enjoyable
- Be a good sport yourself. Actions speak louder than words
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people
- Remember, you set an example. Your behaviour and comments should be positive and supportive
- Place the safety and welfare of the participants above all else
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion

Coaches:

- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the just-average need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents,
- Coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Show concern and caution toward sick and injured
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Spectators:

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

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Coach Registration Form 2009

Name	_____	
Address	_____ _____	
Telephone	(H) _____	(m) _____
Email	_____	
Coaching Qualifications	Grassroots	Yes/No
	Junior License	Yes/No
	Youth License	Yes/No
	Other (please Specify) _____ _____	
Team	_____	

I have read and understand my obligation to abide by the Chatswood Rangers Code of Conduct. I agree to abide by the Rules of the Game and the KDSA By-Laws. I understand that serious consequences can follow from proven breaches or misconduct.

Signed: _____ Date: _____

Office Use Only

Working With Children Form Received € Date: _____