

**ROOSTERS**



**TWO WELLS  
FOOTBALL & NETBALL  
SPORTING CLUB INC.**

# **Coach Handbook**

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# 1. Introduction

## ***Club Coaching Philosophy***

At Two Wells Football and Netball Sporting Club we strive to provide a professional standard of coaching focused on maximising enjoyment, develop and retention of players. Each coach's biggest focus is on ensuring all players have an enjoyable experience with the game and come back the following season. Our club's coaching philosophy for each age group can best be defined using the below breakdowns.

### **Auskick**

#### **Development 20%**

- The Auskick Activity Guide session plans are used for best engaging and learning activities

#### **Fun 80%**

- Give all kids a fun first experience with the game so they want to come back next year!
- No lines, laps, or lectures - players highly involved in activities, not waiting for turns

#### **Winning 0%**

- All games should be focused on having a great time while learning the game

### **U8s**

#### **Development 40%**

- The Junior Coaching Curriculum session plans are used for best training methods

#### **Fun 60%**

- Coaches use a positive, supportive & enjoyable coaching approach, football should be fun!
- No lines, laps or lectures - players highly involved in activities, not waiting for turns
- Equal game time is provided game day

#### **Winning 0%**

- There are no scores kept and results have no importance in these age groups

### **U11s**

#### **Development 50%**

- The Junior Coaching Curriculum session plans are used for best training methods

#### **Fun 50%**

- Coaches use a positive, supportive & enjoyable coaching approach, football should be fun!
- No lines, laps or lectures - players highly involved in activities, not waiting for turns
- Equal game time is provided game day

#### **Winning 0%**

- There are no scores kept and results have no importance in these age groups

### **U14s**

#### **Development 50%**

- Activities are a mix of fundamental skills activities and small numbers, game based activities
- Max learning by asking questions, rather than telling answers & making decisions for players

#### **Fun 30%**

- Coaches use a positive, supportive & enjoyable coaching approach – football should be fun!
- No lines, laps or lectures - players highly involved in activities, not waiting for turns

#### **Winning 20%**

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

## U17s

### **Development 40%**

- Activities are a mix of fundamental skills activities and small numbers, game based activities
  - Max learning by asking questions, rather than telling answers and making decisions for the players
- Fun 30%
- All coaches use a positive, supportive and enjoyable coaching approach – football should be fun!
  - No lines, laps or lectures - players highly involved in activities, not waiting for turns
- Winning 30%
- Players begin to learn basic game plans, tactics and specifics of different positions

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.

We understand the significant positive impact we can make on game day environments and club culture. 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 the above philosophy.

## 2. Code of Conduct

### Coaches Code of Conduct

I..... (insert name) of Two Wells Football and Netball Sporting Club Inc. 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 endeavor 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 endeavor 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.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS NAME:** \_\_\_\_\_ **POSITION:** \_\_\_\_\_

(TO BE SIGNED BY CLUB PRESIDENT &/OR CLUB COACHING COORDINATOR)

## **3. 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.

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 of each player to ensure each has had equal time.

#### **Rotation for Under 8 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 3 quarters of each game, with no player spending more than a half in any one position. Further, every player should experience playing on each of the five lines of field position over a three-match period.

Note: players should be rotated through a variety of positions on the field in each line, 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 and relates directly to Rule 2 – The Spirit of Junior Football.

#### **Rotation for Under 14 to Under 17**

Once children reach these age groups the emphasis shifts from players rotating through all positions on the ground every game to players gaining a level of competency in different positions. Players are allowed to remain in one position on the field to allow them to acquire that position’s basic strategies and skills. However, players should still play an equal amount of time in the forward line, midfield, and back lines throughout the year. Every player in a team should play at least 3 quarters of each game.

## **Equal Game & Playing Time Policy**

The Two Wells Football and Netball Sporting Club has a strict policy of “Equal Game Time” for all registered players throughout all junior and youth teams.

All selected players will be given equal game time each week. This means Coaches must provide a minimum of 3 quarters per game for all players. 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 within our club is filling in to assist with team numbers and they have already or will play another game during the day. Preferential playing time should be given to the registered players of the specific team.
- 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.

## **Player Selection Policy**

If team lists extend beyond the number of players required to play, players will be required to be rostered off each week during the season. If possible, 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.

## **Finals Selection Policy**

At our football club, selections and equal game time in finals football is no different to the home and away games. Please refer to the Match Day Rotation Policy, Equal Game and Playing Time Policy and the Player Selection Policy.



## 4. Support and Education

### Coach Accreditation

In line with the AFL requirements, it is mandatory that all coaches at the Two Wells Football & Netball Sporting Club have a minimum Level 1/Foundation AFL Coaching Accreditation. All coaches must be annual members of CoachAFL each year which aligns to coach accreditation and coaching resources. Assistant coaches are required to obtain the same level of accreditation.

Our club will reimburse annual CoachAFL membership costs to each coach.

All coaches are strongly encouraged to pursue continued coaching professional development. To explore what coaching professional development opportunities exist this year please speak to our club's Coach Coordinator, Jock Brechin.

### Coach Meetings

Our club conducts several coaches' meetings throughout the year for all coaches to attend. The purpose of the meetings is to address issues relevant to coaching at the football club, learn from each other, share resources amongst the coaches and maintain a level of consistency amongst the coaches.

This year's coaches' meetings will be confirmed each month.

### Resource Library

The CoachAFL membership provides all coaches with a huge resource library that provides coaches with access to various resources such as, training activities, skills guides, the Junior Coaching Curriculum, videos and insight from AFL coaches, as well as access to workshops, webinars and online learning modules. Access can be found here <https://coach.afl/>

We also encourage all coaches to share ideas and resources amongst each other as this creates a quality learning environment for all coaches at the club.