



COACHING OBJECTIVES

WE WANT COACHES WHO...

ACCREDITATION:

It is expected that all coaches will undertake at least Level 1 coaching accreditation as required. To remain accredited, coaches are expected to be actively coaching, members of coach.afl and attend Professional Development meetings & programs. The club sees the coaches as the "face of the club" and they strongly endorse this policy and as such the club will meet the costs involved in (re)accreditation. Any costs need to be approved by the committee.

COACHES CODE OF CONDUCT:

The Coaches Code of Conduct must be agreed to and upheld by all Coaches and Assistant Coaches throughout all competition levels. Please ensure you read and agree to abide by this at all times. This is available from the club Secretary.

APPEARANCE:

All team officials are a reflection of MGJAF.C. In establishing a professional and disciplined culture for players, coaches and members, all Coaches, Assistant Coaches and Managers are required to adhere to a dress code at all games, including pre-season and finals. All team officials must wear a club polo shirt. Youth team officials must also wear black dress pants or skirt. Polo shirts will be provided by the club to these officials as necessary.

JUNIOR COACHING REQUIREMENTS:

Auskick + Roys + under 8 - Introductory Phase.

- Provide children with a fun, safe and positive experience.
- Develop a well-structured match program that considers the maturity level of their motor, cognitive, social and emotional skills.
- Emphasise development of fundamental movement skills - Agility, Balance, Coordination & Speed
- Develop basic game specific skills (kicking, handballing, marking and gathering).

Under 9 – U10 + U11 Girls - Development Phase.

- Provide children with a fun, safe and positive experience.
- Develop a match program that further develops their basic football skills, introduces technical & tactical concepts.
- Encourage players to play within the spirit of the game to give all players a game of football in which they have every opportunity to gain possession of the ball & safely dispose of it
- Further develop basic game specific skills (kicking, handballing, marking and gathering).
- Provide praise, teaching + feedback as required.

Under 11 [Mixed] - Competition Phase.

- Provide children with a fun, safe and positive experience.
- Develop a well-structured match program that considers the maturity level of their motor, cognitive, psychosocial and emotional skill of children in this age group.
- Consolidate basic game-specific skills, rather than competition and winning.
- Further develop technical and tactical concepts, including position-specific and basic performance capacities – e.g. warm-up, cool-down, nutrition, hydration, recovery and goal-setting.
- Provide a flexible game plan that provides opportunities for each player to learn all possible roles and structures they may fill individually and in a team environment.
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YOUTH COACHING REQUIREMENTS:

- Strive to bring out the best result possible for the group of players under your direction and develop the team as both a group and as individuals.
- Mentor each player to ensure their growth and development as footballers, as well as young members of our community.
- Develop an integrated plan for your team, covering pre-season, competition, physical, technical, tactical, psychological, workload volumes and intensities etc appropriate to their age/skill level.
- Provide appropriate instructions to players at training, pre, during and post match. Provide multiple ways to communicate the game plan on and off field including utilising various members of the coaching group.
- Consistently plan, act and review in order to improve the qualities of the coach and the performance of players.
- Develop a game plan that is effective at the appropriate age group & skill levels. Provide a flexible game plan that provides opportunities for each player to learn all possible roles and structures they may fill individually and in a team environment.
- Endorse a "Train the way you play" philosophy. Encourage an emphasis on developing fit, skilled and versatile players able to play to their best ability.
- Set achievable, challenging and measurable goals for the team and encourage players' acceptance of own responsibility.
- Encourage and promote Individual player development and education. Actively encourage all players to be the best they can be.
- Foster an environment where feedback is openly received from playing group, leadership group and coaching group.
- Ensure you possess and maintain a basic knowledge of injury prevention, care and management.
- Provide strong leadership to the playing and coaching group that encourages a supportive team environment consistent with the club's values.
- Apply the code of conduct for coaching staff and players that supports the objectives of the MGJAF, on and off the field.
- Actively seek assistance from the Coach Coordinator or Committee if you do not have a comprehensive set of skill based drills for training. The role of the club is to support you in developing your coaching of the team.
- Be a leader through continually analysing, studying, planning and assessing the game as it develops, while being aware of the capabilities of your team.