



GAMBIER CENTRALS SOCCER CLUB

Junior Coaching Philosophy

- Training and games are about learning the techniques of the game through a variety of exercises and games where junior players have **as much contact with a ball as possible**.
- Children participate in football for different reasons but one of the most important is **having fun**. If children don't have fun playing football, they will soon stop.
- Never forget that the **game of football is just that, a game**; U6-U10 is not about how many wins and losses are accumulated and it is not about how many goals are scored or conceded. **It's about enjoying the game and, at the same time, learning and developing football and life skills**.
- Junior players progress in their development; for boys in U12, U14 & U17 and girls in U13 & U16 we are playing for Premierships and Cups. We aim to be competitive and coaches are supported to facilitate our best on ground performance to achieve success.
- Junior players need to play different positions (excluding GK's) in their own grade throughout the season so they learn all the skills necessary to develop in the game.
- Junior players need to receive an equal opportunity to learn, with player development a key objective.
- We will endeavour to ensure that by the end of the season all committed junior players will have spent equal time on the playing field (excluding GK's).

Our junior players are still in either the 'Discovery' or 'Skill Acquisition' phase of Football and their training should be based on these fundamental building blocks of play.

Club Objectives

Our goal is to make sure that we continue to build on our **fantastic club culture** and **achieve success** on the field. This will arise through conscious behaviours which in turn will form positive and pleasant experiences for players, parents, coaches, general members, officials and spectators.

Our promise is to make the sessions at this club **safe, organised, enjoyable and engaging**.

Our coaches aim to dedicate a high percentage of time during training sessions to **meaningful practice** (ie each player will have a minimum of 50-100 ball contacts in game based activities per session) and ensuring players are **engaged in active football practices** (80% of a session should be spent playing football games/activities).

To help us meet our Club Objectives and promote our Coaching Philosophies, we need everyone to support us by adhering to our Codes of Conduct.

Junior Parents/Guardians Code of Conduct

- Be your child's best fan and support them unconditionally.
- When you take your child home after a match or training session, please be supportive and always focus on the positive aspects of their game.
- Develop a responsibility to your child to prioritise attending training, pack their own kit, clean their boots and take a drink bottle to training and games.
- Respect our facilities and opposition.
- Encourage your child to speak with the coach. If your child is having difficulties in training or games, or can't attend training, encourage them to speak directly to the coaches. This 'responsibility taking' is a big part of becoming a mature person.
- Help your child to focus on the performance and not the result. Winning is important but the performance is the focus.
- Support all the players in your child's squad. Do not criticise anyone. Remember, children don't mean to make mistakes.
- Do not criticise the opponents, their parents, or the officials.
- Never audibly dispute a referee's decision. They will make mistakes occasionally. We all do.
- **Parents/Guardians must not coach** from the sideline during matches or training. Leave this to the coaches or you may cause confusion and erode your child's confidence. Coaching is calling out to a child to pass it, kick it, shoot, dribble, etc. **ANY INSTRUCTION IS COACHING**
- **Support your coaches**, they give up their own time to teach your children, they should not be ridiculed, pressured and questioned over every decision they make. Respect their decisions and **if** you have an issue approach the coach in a measured and considerate manner at all times. If your issue cannot be resolved, speak with the Junior Delegate or Team Manager and follow the grievance policy.
- **Support your club and be a role model for your child**; do what you can to contribute, volunteer your time to help where you can and meet your responsibilities by fulfilling club duties.

Junior Player's Code of Conduct

- Play according to the rules and never argue with the referee or your coach. They are there to help.
- Always train and play to the best of your ability, and encourage others to do the same.
- Don't lose your temper or get upset. Rudeness, bad temper and sulking spoils everyone's fun
- Respect the opposition and be a good sportsperson; win, lose or draw. Treat other teams as new friends. You will be playing them again.
- Look and act like a footballer. That means turning up for training and games on time, looking smart in the right gear.
- Don't forget your water bottle.
- Always wear shin guards.
- Always clean your boots.
- Always listen to your coach, and behave yourself at trainings and games.
- Respect the shirt you wear and the history it represents.