

**DEVON MEADOWS JFC**

**Established 1977**

**COACHES HANDBOOK**



**Engage, Retain, and Recruit**

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## **INTRODUCTION**

This is a program designed to help coaches and players achieve the same goal, that football is **fun**, to learn and use skills of the game of AFL.

## **FOOTBALL COACHING RESOURCES:**

[www.afl.com.au](http://www.afl.com.au)

[www.aflcommunityclub.com.au](http://www.aflcommunityclub.com.au)

[www.ais.org.au](http://www.ais.org.au)

[www.saints.com.au](http://www.saints.com.au)

AFL Auskick

<https://coach.afl/>

Stingrays

Joel Alder (Junior Coach Coordinator)

Liam Moran (Youth Coach Coordinator)

Our own library

## **COACHING**

Coaching junior football is a great opportunity to help shape the future of the young players in our Club.

Your efforts will leave a lasting memory on these players so grab the opportunity and have fun teaching skills, drills and reward for effort.

## **COACHES MEETINGS**

### **(THROUGHOUT THE SEASON)**

This gives a chance for coaches to get together and exchange ideas. You are not on your own here. We also require feedback of how your team is developing.

## **COACHES, RUNNERS**

**&**

## **TEAM MANAGERS**

It is your role to teach discipline and respect, organise training sessions and **encourage every player** on your team.

DMJFC would also encourage coaches to be with the team for more than 1 year as young players crave STABILITY.

Coaches are also asked to interact with other coaches within our Club to help develop all players.

## DMJFC PLAYER DEVELOPMENT

### FOCUS

### SKILL

### TEAM PLAY

U/9's to U/11's	Fun Enjoyment Motivation Basic skill development Basic rule knowledge Work effort/rate	Positions Use opposite side Kick Mark Handpass Tackling	Body position kick out wide from defence
U/12's to U/13's	Building on enjoyment Skills Team play Rules knowledge Multi positional players Work effort/rate	Opposite side shepherding Opposite side contact skills	Build wall Forward 50 Centre ball forward Hands out Back crumbing
U/14's	Work effort/rate	Disposing under pressure	Switch
U/15's  to  U/17's	Refining team play Skills under pressure How to pressure others Work effort/rate	Team play Skills under pressure Applying pressure Use voice Game concept	All of the above plus pressure Zoning verses man on man 3 <sup>rd</sup> man up

## **TRAINING FOR AGE GROUPS**

### **Beginners – U/9's to U/11's**

80% skills, 20% practice match & 100% fun

### **Consolidating – U/12's to U/13's**

80% skills, 20% game sense & 100% fun

### **Consolidating – U/14's to U/15's**

60% skills, 20% game sense & 20% education

### **Established – U/16's to U/17's**

50% skills, 30% game sense & 20% education

If you are going to miss a game/s or training sessions please let us know so we can help. We have coaches who will help out if asked.

## **COACHES CONTACTS:**

Joel Alder            0400 975 712

Junior Coach Coordinator

Liam Moran            0419 336 516

Youth Coach Coordinator

Melanie Alder            0408017749

President



Devon Meadows Junior Football Club

Mission Statement and Values

### MISSION

To teach and develop every player in all aspects of Australian Rules Football, providing opportunities to learn the fundamentals of the game, to teach the skills enabling players to be the best they can be. To provide players who are mentally physically ready to play senior football for Devon Meadows FNC.

### KEY PRINCIPLES

Build and keep improving a community based AFL club for all, regardless of sex, race religion and economics.

**RESPECT:** Provide a club that values and respects all players, umpires, officials and spectators, and any form of abuse will not be tolerated.

**TRUST:** To provide a fun, safe and enjoyable environment for all club members [ players, families, officials]

To be honest with oneself, the team and other members of the club.

**FRIENDSHIP:** To promote and cultivate friendships and strong relationships within our football community, ie Junior/ Senior clubs

**VOLUNTEERS:** A club that values, respects and encourages all our volunteers who give back to the community via our junior football club.

**LEADERSHIP:** Show the value of strong leadership within the team, at the same time promoting the benefits of teamwork and team spirit.

**COMMITMENT:** Be prepared to work hard toward achieving the mission, and to make our club a better place when you leave than when you found it.

To hold and promote a sense of PRIDE, DIGNITY and RESPECT on and off the field.

## **ROLE OF RUNNER**

Relay messages in person, do not yell.

Relay messages and go back to the bench.

Run off with the player.

Be protective of the player.



## COACHES CODE OF CONDUCT

The Devon Meadows Junior Football Club fully supports the codes of conduct as introduced by the AFL, Football Victoria and the Frankston and District Junior Football League.

Coaches are required to sign the AFL Code of Conduct as part of the Level 1 Accreditation requirement. All coaches must be accredited to coach in our League.

**I 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 behaviour 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 endeavour to uphold the following to the best of my ability:***

1. 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. Abide by and teach the AFL Laws of the Game and the Rules of my Club and League/Association.
3. Maximise enjoyment before winning!
4. Be supportive at all times and refrain from any form of personal or physical abuse or unnecessary physical contact with the players in my care on and off the field, including on social media platforms.
5. Avoid the trap of overplaying talented players just to win.
6. Ensure that all players gain equal playing time, especially in the U8-U12 age groups.
7. Ensure player welfare and safety as a priority – above winning!
8. Attain coaching accreditation and keep up with new ideas.

9. Display and teach appropriate sporting behaviour, ensuring that players understand and practise fair play.
10. Display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
11. Use social media platforms respectfully. This includes using only club managed team pages for any club and team-related communications.

**I agree to the following terms:**

1. I agree to abide by the AFL Coaches' Code of Conduct and club policies, guidelines and understand my role has higher expectations in terms of behaviour and conduct in all club activities, at any point of the pre/during/post season.
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 a range of sanctions ranging from a caution, to suspension or even 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.

**SIGNATURE:**

\_\_\_\_\_

**DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**WITNESS SIGNATURE:**

\_\_\_\_\_

**DATE:**

\_\_\_\_/\_\_\_\_/\_\_\_\_



**NOTES:**