



Sandgate Hawks Australian Football Club - Juniors

120 Lemke Road, Taigum, Queensland, 4018

JUNIOR/YOUTH COACHING PROGRAM & GUIDELINES

The aim of the Sandgate Hawks AFC Juniors is to provide the opportunity for children to participate in Australian Football in an organised and safe environment.

To help in achieving this, the Club is developing a program that will assist in this aim, whilst complying with the overall objectives of the AFL.

The Sandgate Hawks AFC Juniors Coaching Program will comprise of two parts:
The Junior Rules (U/8 -11's) Program and the Youth (U/12 – 16's) Program.

The program will be designed to provide a uniform infrastructure with which the Coach, whether he/she be starting out for the first time with the Under 8's, to the Youth Coach preparing the players for Senior Footy, will be able to draw information and assistance from.

The following are basic outlines from both programs.

JUNIOR RULES PROGRAM

Some of the areas covered include:

- a) Teaching the basic skills, according to age group (as well as ability), in a safe, fun and friendly environment;
- b) Teaching skills on both sides of the body;
- c) Promoting a general understanding of the modern game to both players and parents;
- d) Promoting FUN &
- e) Instilling Basic Discipline, Teamwork, Character & Commitment.

These key areas are proven to be some of the main components required to make Junior Rules both a fun learning experience, as well as providing the building blocks to play at the highest level in our great game.

One of the toughest tasks for any Coach (first-timer or seasoned) is that you will have a group of players who all have individual talents and needs. Young players are not as disciplined or have difficulty in understanding a set of rules, not just in AFL, but in all sports. This is where assistance from parents is paramount, so time can be divided between the players that stand out, and the players that may need a little bit more encouragement to stand out.

A Coach's job is to prepare players for Australian Football (AFL), either for the first time, or at the highest level achievable, and make sure players have an understanding of the finer details of the game. This programme will assist in that aim.

General Requirements for Junior Rules Coaches

The following general requirements will apply to all Coaches:

- ✓ Acceptance that the club is based on the principle of a quality teaching and learning philosophy, where commitment to individual, team and club comes first.
- ✓ The coach must be willing to accept full responsibility for the team's operations including:
 - ◆ On field behaviour.
 - ◆ Off field behaviour of players and team officials (game day and training).
 - ◆ Total compliance to Club and committee directions.
 - ◆ Attendance at all team meetings and coaches/manager meetings
(a response that this is the team manager's job is not acceptable).
- ✓ The coach shall ensure the concept of team rules and discipline.

Coaches shall be well presented at all times, including training sessions and game days. This will be requirement for all team officials.

All players to be initially signed up in their right age group. Any decision for a player to play up an age will be made by the Sandgate Hawks AFC Juniors Sub-committee after taking into account club, team and players interests. Playing up more than one age group still requires AFLBJ approval.

All Junior Rules coaches need to work as a team, not just in their age group, but as a collective, strengthening the club by working as a combined group.

Junior Rules is the natural progression from the Auskick program. Therefore the focus must still be on enjoyment as well as skill progression. To that end, Coaches must be willing to accept helpers, as the job can be too big for one person to focus on 12+ players at one time.

All Coaches must be fully accredited to minimum Level 1 Auskick/Junior, or be willing to seek such accreditation.

All coaches must abide by the AFL Code of Conduct, as well as the SJ AFC Guiding Principles for Coaches.

No coach will use abusive, insulting or obscene language while instructing players or partake in any form of unacceptable behaviour towards any player.

Coaches shall undertake appropriate judgement and refrain from making inappropriate comments in public.

Inappropriate comments towards other Sandgate Hawks AFC Juniors teams/players/coaches will not be tolerated.

The Sandgate Hawks AFC Juniors has a **ZERO TOLERANCE** to any form of Umpire / Official abuse.

Coaches are role models, so need to be able to develop a good rapport with players as well as parents, and maintain positive leadership both at the game and off the field is a must.

Coaching Staff and Players will be required to wear appropriate Club attire both at training and on game days.

The coach must be able to teach their players to enjoy success and to respond to failure with a renewed determination. The need to train players in the basic skills and thereby effectively teaching modern game skills is paramount.

YOUTH PROGRAM

A few years ago, AFLQ developed what are referred to today as Queensland Team Rules, to assist all clubs to have common objectives and rules that all Coaches would expose their players to.

These rules are at the core of the Sandgate Youth Coaching Program, which will form part of the Sandgate Hawks AFC Juniors Club Coaching Program.

Some of the areas to be focused on include:

- a) Enhancing and improving skills on both sides of the body;
- b) Promoting a general understanding of the modern game;
- c) Overall Fitness & Strength;
- d) Encouraging a good work ethic both on and off the field;
- e) Reinforcing Courage, Character & Commitment.

These key areas are proven to be some of the main components required to make it to the highest level in our game.

Team Rules should not be perceived as individual attributes, but rules that all players must adhere to no matter what the phase of the game.

One of the toughest tasks for any Coach is that you normally have a squad of players who all have individual talents. Often players are not as disciplined or have difficulty in abiding by a set of Team Rules. These players often have trouble adapting from being the play-makers to making personal sacrifices for the good of the team.

The Sandgate Hawks AFC Juniors' aim is that its club coaches introduce these Team Rules, thereby assisting in the education process of its players. All coaches will be expected to develop, educate and instil Team Rules to assist in the development of the club.

The Coaches job is to prepare players for football at the highest level achievable and make sure players have an understanding of the finer details of the game. Including the Queensland Team Rules can assist in the process.

General Requirements for Youth Coaches

The following general requirements will apply to all Youth Coaches:

- ✓ Acceptance that the club is based on the principle of a quality teaching and learning philosophy where commitment to individual, team and club success is a given.
- ✓ The coach must be willing to accept full responsibility for the team's operations including:
 - ◆ On field performance.
 - ◆ Off field behaviour of players and team officials.
 - ◆ Total compliance to Club and committee directions.
 - ◆ Attendance at all team meetings and coaches/manager meetings
(a response that this is the team manager's job is not acceptable).
- ✓ The coach shall ensure the concept of team rules, and strong discipline with a focus on team commitment as the foundation of the team management philosophy.

Coaches shall be well presented at all times, including training sessions and game days. This will be requirement for all team officials.

All players to be initially signed up in their right age group. Any decision for a player to play up an age will be made by the Sandgate Hawks AFC Juniors Sub-committee after taking into account club, team and players interests. Playing up more than one age group still requires AFLBJ approval.

All Youth coaches need to work as a team, not just in their age group, but as a collective, strengthening the club by working as a combined group.

Youth footy requires a continual focus on skill extension. Therefore Coaches must accept assistance, as the job is too big for one person to continually focus on 22+ players.

All Coaches must be fully accredited to the appropriate level, and be willing to seek additional experience and training. All coaches must abide by the AFL Code of Conduct, as well as the Sandgate Hawks AFC Juniors Guiding Principles for Coaches.

No coach will use abusive, insulting or obscene language while instructing players or partake in any form of unacceptable behaviour towards any player.

Coaches shall undertake appropriate judgement and refrain from making inappropriate comments about players in public.

Inappropriate comments towards other Sandgate Hawks AFC Juniors teams/players/coaches will not be tolerated.

The Sandgate Hawks AFC Juniors has a **ZERO TOLERANCE** to any form of Umpire / Official abuse.

ADDITIONAL REQUIREMENTS

Under 12s

Coaches should be able to provide an initial 6-week team training programme prior to season commencement for review by the Junior Sub-Committee/ Coaching Coordinator.

The coach will ensure the standards required by the club and AFLBJ are met by the team on all occasions. This applies both on and off the field.

Coaches must be skilled at teaching the fundamentals of the sport. Skill development is critical in ensuring players remain with the club and involved in the sport.

All players by end of Under 12 should be able to effectively apply skills for both sides of the body. At the beginning of the season all players are to be tested utilizing the programmes supplied by the club, with the use of helper staff to ensure 95% improvement by the last game of the season.

Prior coaching experience at U12 - U14 is desirable, however not mandatory.

Coaches need to be excellent role models able to develop good rapport with players and maintain positive leadership both at the game and off the field.

Coaching Staff and Players will be required to wear appropriate attire both at training and for game days.

The core focus at this age group is on skills improvement and competence.

Remember, Under 12's is start of competitive football.

The aim is to give all players a fair go, however, the coach must prepare a restricted list as per AFLBJ guidelines. The rotation of players to go to a lower division or miss a game will be with non restricted players only.

Interviews shall require prospective coaches to demonstrate the following skills/attributes:

1. Accreditation.
2. Prior Experience (at all levels).
3. Good presentation skills.
4. Good communication skills.
5. Player management theory.
6. Skill teaching theory.
7. Skill training programs.

Under 14 – 16's

Coaches need to be able to provide an initial 6-week team training and fitness programme prior to season commencement for review by the Junior Sub-Committee/ Coaching Coordinator.

The coach should ensure that the standards that are required by a representative team (i.e.: Raiders, Taipans, etc) should apply in the team environment. This applies both on and off the field.

Coaches must be able to demonstrate an understanding of game tactics and game day competence. In this respect, prior coaching experience at Under 14/16/18/Senior level is an advantage.

Coaches need to be excellent role models, able to develop good rapport with players and maintain positive leadership both at the game and off the field.

Youth Coaching Staff and Players will be required to wear appropriate Club attire both at training and on game days.

The coach must be able to teach young athletes to enjoy success and to respond to failure with renewed determination. The need to train players in longer kicking skills and to effectively teach modern game skills is paramount.

Interviews shall require the prospective coaches to demonstrate the following skill/attributes:

1. Accreditation.
2. Prior Experience.
3. Good presentation skills.
4. Good communication skills.
5. Player management theory.
6. Skill teaching theory.
7. Skill training programs.
8. Game tactics.