

# Brothers Townsville Football Club

## 2022 Coaches Manual



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# Brothers Townsville Football Club Coaches' Manual

Thank you for volunteering your time to coach a team at Brothers Football Club.

In order to assist you throughout the season, we have developed this coaching manual which we hope you find useful in arranging your coaching schedule, assist in reducing stress and nerves for first time coaches and make the season both a learning experience and enjoyable for all players and parents within your team.

As a club we are here to support you through your coaching journey, so if you require assistance or would like to provide feedback, please do not hesitate to contact any of the [senior coaching staff](#) or [committee members](#).

Again, thank you for choosing Brothers Football Club, we hope you have an enjoyable and rewarding season.

We also recommend visiting our website to keep abreast of current events within Brothers and Townsville Football [www.brotherstownvillefc.com](http://www.brotherstownvillefc.com). If you have a news story worth sharing, please email to [team@brotherstownvillefc.com](mailto:team@brotherstownvillefc.com).

## Training Sessions

This is the most important part in the role of coach. How you prepare your team and the support you give them will determine both their personal development as a footballer as well as developing a love for the game that will see them continue playing our sport through to a senior or representative level.

In order to ensure the development of players, we recommend the current philosophy of FFA ([Football Federation Australia](#)) centred on the development of 4 key aspects of play;

1. Striking the ball (passing/shooting)
2. Running with the ball (dribbling)
3. First touch (controlling the ball with all parts of the body)
4. One on one (tackling an opponent/dribbling past an opponent)

We have included training drills with this manual that, if followed, will develop your team in all of the above components. In fact, our senior coaches use these same exercises when training our Premier League Team.

## Prepare

In order to prepare for your sessions, we recommend the following:

### 1. Plan your sessions

Have a written plan on what you will focus on at training. This will make it easier to set up your practice and you won't need to worry about forgetting what you had planned while players are waiting for instruction.

### 2. Arrive early to training to prepare your practice area

By being prepared training will start on time and you won't be in a situation where you are trying to set up for training and control excited players at the same time. This will also ensure you maximise your time spent training rather than setting up drills, remember the more time your players spend kicking a ball the better they will get at it.

You should also inspect your training area to ensure there are no sharp objects such as litter or sticks, and no tripping hazards such as holes that may lead to injury.

### 3. Equipment

Ensure your balls are inflated, equipment is safe to use and you have enough equipment to train. It is highly recommended that you have enough footballs for each player; they can't learn to control and kick a ball if they don't have one at their feet throughout the training session.

### 4. Encouragement and plenty of it

Players will develop at different times throughout the season. Be patient and encourage players to develop in their own time. Some players will develop skills quite quickly; others may develop later in the season. Remember that all players are there to try their best; the emphasis is to be on player development.

### 5. Train the way you play

Players should train in their correct gear, football boots/sandshoes and shin pads are to be encouraged at all times. This is a contact sport and players will receive unintentional bumps and kicks so correct gear is a must. At Brothers we encourage plenty of sunscreen, but **do not** recommend hats while playing or training as this can cause safety issues for both the player and opponents.

Please note there will be times throughout the season when the Director of Coaching and Senior & Academy Coaches will join in on your sessions. This is to assist with the development of coaches as well as players. They have a bulk of experience in both playing and coaching so please ask for assistance or advice as required.

We will also advertise and offer access to training material and coaching courses throughout the season and will encourage our coaches to attend. This will assist you with all aspects of training and ultimately lead to better players at our club.

## 6. Unruly players

We hope this does not occur, but from time to time you may have players within your team that disrupt training. Brothers understand that sometimes players are not having the best of days. Please remember that while every effort should be made to encourage the player to contribute to the training session and not disrupt others, as a coach you are not there to discipline players. Any player deemed to be disruptive during a training session should be removed from training and sent to their parent. In this way the players who are active in the training can continue to develop.

In the absence of a parent at training your manager may be able to assist with the player.

**If issues or disputes arise regarding a player or parent, we ask that the team manager be the first contact of resolution. If the situation can't be resolved adequately, please contact the [committee](#) urgently.** We will, and prefer to, assist with a resolution rather than have to deal with a major complaint at a later stage.

In registering to coach Football, you have agreed to our club's code of conduct which is to be adhered to at all times. A copy has been attached for your reference.

## Manager

A manager is an essential part of any team. A manager's manual has been prepared and provided to your manager to assist them in assisting you.

By allowing your manager to focus on their duties such as team sheets, playing kits etc, you will be free to concentrate on coaching.

Communication is key, work with your manager to ensure that while you are completing different functions for the team, you are working towards the same goal, development of footballers and an enjoyable season for all.

## Game Day

### 1. Rules

Be familiar with the rules as these vary between age groups. Brothers will have supplied you with a copy of the seasons playing rules, if you do not have a copy or require clarification on any aspect of the game, please ask, or refer to our website [www.brotherstsvfc.com](http://www.brotherstsvfc.com).

### 2. Remember warm up gear

Depending on the warm up you like to complete, ensure you have 2-3 footballs (correctly inflated), markers and bibs. The bibs will also assist younger age groups in identifying their team mates in the event you are playing another Brothers team.

### 3. Encouragement

Brothers Football Club at a junior level is about player development. While the ultimate goal in any game is to win, at Brothers our focus is teaching our players how to win in the right fashion; not a win at any cost approach. Through focussing on technique, teaching our players how to play the game and focussing on individual growth in a fun coaching environment, results will take care of themselves. Players are doing their best and still developing in our game. Please encourage all players participating in the game including the opposition.

### 4. Substitutes

Players will only develop if they are playing. As coach you have a responsibility to ensure that all players develop, taking into account individual needs such as fitness levels, any injuries sustained and ability to play in certain positions within the team. Substitutions play an important part in player development as it offers both appropriate playing and resting time and allows the coach to discuss aspects of the game.

### 5. Half Time

Try not to give too many instructions at half time. Focus on one or two key components and remember to encourage and congratulate the team for their efforts. If you have a half time snack, be aware that this may become the main focus and the players may not listen to your instructions, in this regard timing is everything, either discuss the game with players and then let them have their snack or vice versa.

### 6. Sportsmanship

At the conclusion of the game ensure you and your team thank the opposition and congratulate them on their performance.

### 7. McDonald Voucher – encouragement award

Townsville Football in conjunction with McDonalds will provide each team with an encouragement award. It is highly recommended that you keep track of who this award is presented to ensuring that each player receives an award throughout the season. Some ideas in this regard;

- Present in alphabetical order
- Simply keep a register so you remember who has previously received an award
- Wait until you have enough for each child then hand every player an award (you may even want to make this a team outing).

#### 8. Enjoy the game

Some games you will win and some you will lose. Stay focussed on player development and enjoyment. Remember the kids play because they enjoy the sport, focus on technical development and results will eventually come.

#### 9. Reflect on the game

Once the game is completed identify where your players need to improve. This then becomes the focus of your next training session.

Please note you may be required to officiate the game in the absence of a referee where Brothers is listed as the home team. We recommend that wherever possible a parent assist with officiating as this then leaves you free to coach. If you are required to officiate the game, then please liaise with your manager in relation to assisting with substitutes etc.

In the unfortunate event that you are unable to field a team (this might be due to school camps or illness) please note that [only the committee can advise Townsville Football of a forfeit](#). As a club we will do everything we can to ensure a game proceeds, including utilising players from other teams within the club, as a forfeit, especially with little or no advisement to Townsville Football, will result in the club being fined.

## Player Eligibility

If you are using eligible players (refer to the season rules) from an alternate age group to assist with vacancies in your team, in order to be eligible for finals (competitive age groups only) they must have played 50% of fixtures with your team. Please keep this in mind in order to ensure you do not enter a finals series short of players.

If you are playing a player in your team from a younger age group (please refer to season playing rules to ensure they are eligible) you must record the player's name, age group and registered team on the team sheet. This is for insurance purposes and will ensure player eligibility for respective teams.

## Injuries

Football is a contact sport and while every care is made to ensure player safety, injuries may occur. If an injury occurs during training, please notify the club immediately. First aid kits and ice are available from the club house.

On game day Townsville Football offers the services of a trained physio (no expense incurred) who can assist with injury management. Should you require their assistance they are available at the game day office for junior football fixtures at Brolga Park?

## Code of Conduct – Coach

I agree to be a positive role model for the athletes in my team and all other sporting participants and spectators. I agree to uphold the values of Brothers FC and act with respect towards all those I come into contact with through football.

This means I will:

- respect others as persons and treat them with dignity, regardless of gender, ability, ethnicity or religion
- be fair, considerate and honest with athletes and give each athlete equal attention and opportunity
- operate within the rules of the sport and in the spirit of fair play, advocating against alcohol and performance enhancing and illegal drug use
- respect the skills, decision-making and judgement of coaches, officials and other volunteers
- promote participation in sport for enjoyment and celebrate personal growth and fun as much as winning
- be professional and accept responsibility for my actions, decisions and behaviour
- protect athletes from any form of harassment and abuse
- seek continual professional development and strive for personal excellence in coaching
- be a positive example through a healthy and active lifestyle
- ensure time spent with athletes is a positive experience for them
- I accept Brothers TSV FC Inc. rules, policies and procedures governing events and competitions in which I participate. I comply with the reasonable requests of Brothers TSV FC Inc. and accept I am an ambassador for football and Brothers TSV FC Inc. I refrain from any action which might bring the football or Brothers TSV FC Inc. into disrepute.

Remember we are here to assist, if you need help with any aspect of the game just ask.