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## Team Norms: 2018 Season

### Reserves/1<sup>st</sup> Grade Women U18/U20/1<sup>st</sup> Grade Men

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NORTHERN  
SUBURBS  
FOOTBALL  
EST. 1957



## 1. Introduction

Welcome to Northern Tigers Football Club (NTFC) for the 2018 Season.

The purpose of the Team Norms document is to communicate the standards required across the club. It also provides an insight into the Club's policies and guidelines around development and team selection. For the senior squads the team coach can choose to apply additional standards or update the standards in this document.

## 2. Club Philosophy

### **Vision**

To develop better players for tomorrow.

### **Mission**

To become a leading and model Australian football club in terms of long-term player development.

To establish an environment that promotes long-term player development delivered by highly credentialed, supportive, quality coaches and support staff.

To embrace a culture of continuous improvement with quality facilities and player pathways to the highest level.

To establish a football philosophy that uses the FFA National Curriculum as a guide.

### **Football Philosophy**

To develop intelligent, confident, creative players who:

- Play with a positive mentality
- Have a strong teamwork ethic
- Regard effort as the foundation for improvement
- Have the ability to maintain effective possession with deliberate passing and speed of play
- Are able to play in an organised, compact, disciplined, proactive defensive structure
- Demonstrate humility and good sportsmanship

### **3. Player/Team Development**

The coach will communicate with players individually and as a team to develop each player and the Club playing style. Ultimately, players must take ownership for their own development.

### **4. Communication: Parent to Coach/Coach to Parent/Club to Parent**

Senior players should communicate directly with the coach; there should be minimal need for parent to coach communication. If a parent would like to discuss issues regarding player performance/development, arrange a time to discuss with the coach or Technical Director. Contact the Team Manager/League Manager/Technical Director in the first instance to arrange a meeting.

Please do not approach the coach or Technical Director on game day or at training without notice to discuss performance/development related issues.

### **5. Player Feedback**

Coaches will provide verbal feedback to players on a regular basis at training, on match days and via Hudl.

Players are welcome to arrange a meeting with the coach and/or Technical Director at any time during the season to discuss player development (see note on Communication above in terms of arranging the meeting).

### **6. Player/Parent/Coach Pledge**

Players/parents/coaches are required to read, understand and sign a pledge acknowledging the required code of conduct. Breaches of the pledge by any party may result in disciplinary action.

### **7. Player Availability**

All players are required to be available for all training sessions and all games. Players are to arrive at training ideally 10 minutes before training starts and a minimum of 1-hour before a game starts. Note the coach might alter these times. Players are required to commit to their team and teammates, making themselves available for all games during the season. If players are unavailable for training or games, please notify your team manager as soon as possible.

### **8. Holidays**

Football NSW schedule competition games on most weekends during the season (including during school holidays). Players are required to be available for all games. If a holiday is scheduled that will result in a player missing training/games then declare this to the Team Manager as soon as possible to ensure the team can be managed during the players absence. Significant issues arise when a number of players are absent at the same time and when a Goalkeeper is absent. Player absences not only impact the players own team but potentially the age group below and above. **In the best interests of the team and the Club all known players' absences must be declared as soon as possible (ideally before the season commences).**

## 9. Player Injuries

Players must seek out professional advice when suffering from an injury or growth related issue. Early diagnosis and treatment is very important for the player's long-term development. Injuries/growth related issues left untreated can significantly affect player performance, development and enjoyment. The coach and Club physiotherapist must be kept fully informed of player injuries, including the medical professionals report on the expected timeframe back to full recovery and the rehabilitation requirements. In the first instance, players are advised to consult the Club appointed physiotherapist.

When players miss training/games because of an injury, clearance from a health professional is required before returning to the field(to train or play).

## 10. Player Physical/Psychological Loads

During the season coaches/TD will determine if there is a need to reduce the training load over a given period, this might result in dropping a training session from time to time to freshen up the players/team.

Players are requested to monitor their physical loads. Overtraining, and the consequences of it, is more likely a risk when there is no coordinated approach to training. **Northern Tigers coaches must be made aware of all the physical training that players participate in – full disclosure is in the best interests of the players' welfare.**

## 11. Training

<b>Date/Time/Location:</b>	As advised
<b>Training Strip:</b>	Blue training top, black shorts, black socks, Tigers wet weather jacket.
<b>Illness:</b>	Players should not attend training if they are unwell.
<b>Injured Players:</b>	Players must inform the coach when they are injured. Always attend training if injured ( <i>to observe, assist the coach, conduct rehab exercises</i> ), unless instructed otherwise.
<b>Non-Attendance:</b>	Contact your team manager/coach as soon as you are aware a session will be missed (for whatever reason)

It is important players maximize their training attendance, to maximize the opportunity for individual players and the team to develop over the season. Attendance at training provides players with the best opportunity to start in the weekend game, play more time, and play in preferred positions.

Players will be sick, injured, have compulsory school events, exam periods, work, family issues during the season; allowances will be made to acknowledge these unavoidable factors.

## 12. Winning Games

Our Youth Development Philosophy places player and team development/learning, performance, playing style and effort as higher priorities than winning games. **Winning games is the priority in**

senior football, ideally following the Clubs football philosophy.

### **13. Playing Positions**

Players are likely to play in a number of different positions during the season based on:

- The coach assessment of where players may be most successful.
- Achieving team balance and player best fit.
- Player positional attributes/orientation.
- Player preferences.
- Positional relationships, e.g. position #2 and #5 are similar.
- Player and team learning/development requirements.
- Cover a position due to another player's unavailability.

### **14. Substitutions**

All players may spend time on the substitution bench during the season. The coach will also substitute players during the game due to player injury, lack of effort, fatigue, team balance, tactical change, player game time, player request, coach discretion, and other relevant factors.

If a player arrives late to a match, have forgotten match day gear/equipment, was absent from a game the previous week for a reason other than injury/sickness, then the player might start on the substitution bench for that game.

### **15. Match Day**

#### **Match Day Arrival Gear:**

- Northern Tigers polo shirt.
- Northern Tigers Tracksuit pants
- Northern Tigers Tracksuit top (if cold)
- Runners (not converse/casual shoes)

All players are to leave the ground wearing their Match Day Arrival Gear (**NOT** their playing gear or warm-up gear). **NO** player is to leave the change rooms in bare feet or in socks.

#### **Match Day Gear:**

To every game, **ALWAYS** bring the following in your Northern Tigers kit bag:

- Home playing shirt
- Northern Tigers blue training shirt with number
- Northern Tigers black shorts
- Northern Tigers white socks (if they become discoloured a new pair will be required)
- Clean and polished boots
- Shinpads
- Tape around socks must be the same color as socks - white
- Skins must be the same color as shorts - black
- Towel
- Water bottle
- Healthy recovery snack

**Arrival Time:** Players must arrive, **in the dressing room, at least 1 hour before the scheduled kick-off time (unless instructed otherwise by the coach)**. If you are running late, notify your manager.

**Warm-up Gear:** Playing shorts, playing socks, training shirt, Tigers wet weather jacket (if required).

**Substitutes Gear:** Playing strip, Tigers wet weather jacket (if required) and tracksuit pants if cold.

**Substitutions:** When players are substituted off the field of play they are required to remain on the team bench (unless permitted to leave by the coaching staff due to injury etc.).

**Player Discipline:** All players are expected to respect the match day officials, club officials, opposition club officials and players.

**After the Game:** All players leave the change room as they arrived, wearing their match day arrival gear. No player must exit in bare feet or in socks.

**Electronic Devices:** Players are required to turn off their mobile phones when they enter the change room and leave them off until they leave the change room after the game.

## **16. Game Time**

There is **NO EQUAL GAME TIME**, there is **no guarantee of game time in a given game**, and **some players will have more game time than others**; within a game and across the season.

### **Game Time Variables**

Game time per player is variable. Various factors influence player game time and what is reasonable for a given player; some variables include:

- Team balance
- Player positional attributes/orientation
- Player/team development needs
- Player/team performance
- Player effort
- Player discipline
- Player attitude
- Player preferences
- Training attendance
- Arrive late on game day
- Game non-attendance – e.g. returning from a holiday
- Gear - some players forget match day gear
- Injury/illness/fitness
- Unsportsmanlike behaviours/challenging a referee's decision
- Opposition make-up and player match-ups
- Game status
- Game situation
- Coach discretion

## **17. Player Development and Learning**

NTFC encourages players to take responsibility for their own development. Players learn primarily by playing football in training and on match day accompanied by coach feedback and player self-reflection. This active learning approach is supplemented by:

- Match Day Videos with player and coach analysis
- Coach feedback
- Player self-reflection

### **Player**

Players are strongly recommended to watch the video of their games where available and self-analyse their performance. This information can then form part of the discussion between player and coach about player development and areas for improvement.

## **18. Player Recovery**

Basic recovery practices that can be completed by a team/player:

- Take a short walk or jog and complete a static stretch routine after training or a match.
- Start drinking cool carbohydrate and protein drinks (e.g. low fat chocolate milk)
- Players should bring food to eat within 30 minutes. Appropriate types of food include carbohydrate and protein snacks e.g. sports bars, salad, and meat sandwiches.
- Ensure a good night's sleep occurs after training and matches to aid rest and recovery.

This routine has been structured so that the body can be rehydrated, energy stores can be replenished and muscle can be repaired at an improved rate.

(Australian Sports Commission, Sports Coach resources)

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