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# Team Norms: 2019 Season



**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957



## U14/U15/U17 Girls U13/U14/U15/U16 Boys

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### 1. Introduction

Welcome to Northern Tigers Football Club (NTFC) for the 2019 Season.

The purpose of the Team Norms document is to communicate the standards required across the club in the youth age groups for both boys and girls. It also provides an insight into the Club's policies and guidelines around development and team selection.

### 2. Club Philosophy

#### **Vision**

To develop better players for tomorrow.

#### **Mission**

Be a leader and model Australian football club in long-term player development.

Establish a high performance framework that supports a player-centred approach delivered by highly credentialed, energetic, and respected coaches and support staff.

Promote a culture of continuous improvement embracing technology and world best practice.

To establish a football philosophy that excites players and coaches.

#### **Football Philosophy**

To develop intelligent, confident, creative players who:

- Play with a positive and winning 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**

Communication with parents from the club/coach occurs predominantly through the team manager. 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 the Clubs online platforms. Players are encouraged to self-reflect on their own development and discuss any issues with their coach or the Technical Director.

Players and parents 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. 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. Player availability and reliability are key attributes required of Northern Tigers players to support our Club culture.

### **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 parents are required to declare this to the Team Manager as soon as possible to ensure the team can function effectively 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 above and below. **Out of respect for the team and the Club all known player 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. Parents must keep the coach 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). Players who miss a full week of training due to injury are unlikely to have any game time that weekend due to a lack of preparation.

## 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.

Parents are requested to monitor the physical loads of the players – taking into considering Northern Tigers commitments, school sport commitments, other sport commitments, additional training commitments. Overtraining, and the consequences of it, is more likely a risk when there is no coordinated approach to training. Overtraining can affect a player's immune system, rate of growth, ability to perform, overuse injuries. **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>	Parents/players must inform the coach when players 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 as soon as you are aware a player cannot attend.

Players are required to attend all scheduled training sessions. It is important players maximize their training attendance, to maximize the opportunity for individual players and the team to develop and perform to the level expected 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 during the season; allowances will be made to acknowledge these unavoidable factors.

## **12. Winning Games**

The Club will be preparing players and teams to win games, and approach every game with a winning mentality, whilst also ensuring we are consistent with our long-term development focus. Our player development philosophy places player and team development/learning, performance, playing style and effort as higher priorities than just winning games. Although learning how to win is also a key part of a player and coach's development journey.

## **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.

Player rotation through different positions is not as evident as the players' progress through the age groups. As players get older they tend to specialize more.

## **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, player game time, player request, 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 is more likely to 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

**Players who do not have the correct gear may start on the bench and may not play.**

**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. Lateness (1 minute or more according to the coaches' time) means starting on the bench.

**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.

**Player/Parent Communication and Electronic Devices:** Once the players walk out of the change room to commence the warm-up, parents should not communicate directly with their child until they have walked out of the change room after the match is complete. 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. The Team Manager may communicate anything that needs to be passed onto a player from a parent during this time.

## **16. Game Time**

**Game time is earned by players.**

There is **no equal game time**, there is **no guarantee of game time for a player in a given game**, and **some players will have more game time than others**; within a game and across the season.

Player game time is recorded (approximately) and monitored by the coach and Technical Director. There are a number of game time variables that are taken into consideration by the coach (see list below).

### **Game Time Variables**

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

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

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

Northern Tigers players are encouraged 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
- Watching high level football
- Analysing football
- Personal training

## **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)