
Team Norms: 2023 Season

SAP: U9/U10/U11/U12
Girls SAP: U10/U11/U12/U13



1. Introduction

Welcome to Northern Tigers Football Club (NTFC) for the 2023 Season.

The purpose of the Team Norms document is to communicate the **standards** required across the club in the SAP/GSAP program. It also provides an insight into the Club's policies and guidelines around development and team selection.

2. Club Philosophy

VISION	MISSION	PHILOSOPHY	PLAYING STYLE	
Develop better people and players for tomorrow	A leader and model football club in long-term player development	Intelligent, creative, resilient players	BP	Composed + Entertaining
	Offer a high performance framework to maximise player potential	Positive mentality	BPO	Organised + Tenacious
	Promote a culture of creativity and continuous improvement	Strong teamwork culture	BPO to BP	Ball Retention + Punish
	Create a football philosophy that excites players, coaches, and supporters	Relentless effort	BP to BPO	Win it back + Constrain
	Develop and attract leading coaches that align with and enhance our player-centred approach	Control games when in possession and out of possession	BP Set Pieces	Creative + Effective
	First club of choice for local players and coaches	Entertaining	BPO Set Pieces	Focused + Committed
	Equal opportunity and care for all players	Humility and good sportsmanship	Mentality	Positive Belief Winning Relentless Together Respectful

3. Player/Team Development

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

4. Communication: Parent to Coach/Club

Communication with the parent group from the club/coach occurs predominantly through the team manager. If a parent would like to discuss issues regarding player performance or development, arrange a time to discuss with the coach or Technical Director. Contact the Coach or Technical Director to arrange a meeting/conversation.

Please do not approach the coach or Technical Director on game day or at training without notice to discuss performance/development related issues. The Coaching staff cannot give players/parents the full attention deserved without prior notice.

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 will also receive “written” feedback in Pro Soccer Data via player development plans. Players are encouraged to self-reflect on their own development and discuss any issues with their coaches or the Technical Director.

Players and parents are welcome to arrange a meeting with the coaches 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 Code of Conduct

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

7. Player Availability

All players are required to be available for **all training sessions and all games**. Players are to arrive at training ideally 5 minutes before training starts and a minimum of 30 minutes before a game starts (coaches will specify what is required for each team). 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 the coach as soon as possible via the Pro Soccer Data platform and email for significant absences. **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), with the exception being the Easter weekend. 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 coach 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. 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 may not have any game time that weekend due to a lack of preparation.

10. Player Physical/Psychological Loads

During the season, the 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

Date/Time/Location:	As advised
Training Strip:	Blue training top, black shorts, black socks, Tigers wet weather jacket (all gear should be labelled with players name).
Illness:	Players should not attend training if they are unwell.
Injured Players:	Parents/players must inform the coach when players are injured. Players can attend training when injured (<i>to observe, assist the coach, conduct rehab exercises</i>), unless instructed otherwise.
Non-Attendance:	Update the Pro Soccer Data platform as soon as you are aware a player cannot attend training.

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 training provides players with the best opportunity to start in the weekend game and play more time.

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 have the opportunity to experience playing in all positions during the season, including Goalkeeper if there are no dedicated Goalkeepers in the team. Rotation of positions is a key development tool in the skill acquisition phase. The intention is to allow players to experience a position for a few weeks before changing to a new position, but that can depend on:

- The coach assessment of where players may be most successful on a particular day
- Achieving team balance and player best fit
- Player positional attributes/orientation
- Player preferences
- Player and team learning/development requirements
- Cover a position due to another player's unavailability
- Injuries during a game

14. Interchange

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

If a player arrives late to a match, have forgotten game day gear, is returning from injury/sickness/holiday, then the player may start on the interchange bench for that game.

15. Match Day

Match Day Arrival Gear (all gear should be labelled with the players name):

- Northern Tigers playing shirt
- Northern Tigers Tracksuit pants/shorts
- Northern Tigers Tracksuit top (if cold)
- Runners or Boots

Match Day Gear (all gear should be labelled with the players name):

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 black 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
- Skins must be the same color as the playing shirt/shorts
- 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 **at least 30 minutes hour before the scheduled kick-off time (unless instructed otherwise by the coach)**. If you are running late, notify your manager/coach. Lateness (1 minute or more according to the coaches' time) could result in starting on the bench.

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

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

Interchange: 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.).

Technical Area: During a match players in the technical area must wear a coloured bib (all the same colour), players are seated together at one end of the bench with coaching staff at the other end. At the end of the match, it is the players responsibility to clean the technical area.

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

Player/Parent Communication and Electronic Devices: Once the players commence the warm-up, parents should not communicate directly with their child until after the match is complete. Players should not have access to their mobile phones during this time. 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.

Player game time is recorded (approximately) and monitored by the coach and Technical Director. The intent is to give all players an equal share of game time, but it is impacted by the game time variables listed below.

Game Time Variables

Various factors influence game time; some of these include:

Club Culture	Player Preparation	Team Performance
<ul style="list-style-type: none"> • Alignment with Tigers Trademarks • Player effort • Player discipline • Player attitude/mentality • Unsportsmanlike behaviour • Excessively challenge decisions of the match officials 	<ul style="list-style-type: none"> • Physical/mental loads • Training attendance* • Arrive late on game day • Returning from holiday • Returning from sickness • Returning from injury • Fitness level • Forgetting gear on game day 	<ul style="list-style-type: none"> • Team balance • Positional attributes/preferences • Player/team performance • Player/team development • Game situation • Opposition

* The following circumstances for missing training may not impact game time - isolated instances, compulsory school events, school exam preparation, managing training loads, attending TSP training.

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
- Conversations with the coaching staff
- Football conversations between players
- 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)

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