
Team Norms: 2023 Season

Girls Youth: U14/U15/U16/U18
Boys Youth: U13/U14/U15/U16/U18



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 youth age groups for boys and girls. 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). Meetings can include or exclude players.

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 10 minutes before training starts and a minimum of 1-hour 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). Players are required to be available for all games. If a holiday is scheduled that results 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 several 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).** Players who miss training/game due to holidays may have impacted game time upon return due to a lack of preparation and risk of injury.

9. Player Injuries

Players must seek out professional advice when suffering from an injury or growth-related issue. Early diagnosis and treatment are 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 and risk of further injury.

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. Always attend training if 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 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 can play in several 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 in the older age groups.

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, tactics, 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 polo shirt.
- Northern Tigers Tracksuit pants
- Northern Tigers Tracksuit top (if cold)
- Runners

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 (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 white socks (if they become discoloured a new pair will be required)
- Northern Tigers black socks
- Clean and polished boots
- Shinpads
- Shin guard straps/tape around socks must be the same colour as the socks
- Skins must be the same colour as the playing shirt/shorts
- 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/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, training shirt, Tigers wet weather jacket (if required).

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

Interchanges: When players are interchanged 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, only players on the teamsheet are permitted to sit on the bench. 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.

After the Game: It is the responsibility of the players to clean the changeroom after their match, 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 several game time variables (see list below) that are taken into consideration by the coaching staff. These variables are broken up into three categories, with the player having significant control over most of the variables under the Club Culture and Player Preparation categories.

The starting team selection and game time is at the discretion of the coaching staff.

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 (tactical)• 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)

Document Updated: 1/11/2022