



TRAINING STANDARDS & EXPECTATIONS

Purpose: to support player welfare, achieve the highest player development outcomes, and enjoyment for all players.

- Parents use Pro Soccer Data to notify coaches of player training absences with as much notice as possible.
- Players attempt to arrive on time (ideally 5 to 10 minutes prior to the official start time).
- Once parents drop a player at training, the player has **NO contact (verbal or physical)** with the parent again until after training finishes.
- Parents are welcome to observe training, at **NTRA** observe from behind the fence, at **Charles Bean** observe from the northern side grassed embankment. In wet weather parents can observe from the amenities building (bench outside the change rooms or on the balcony upstairs if accessible).
- Parents are requested not to interact with any player (verbally or physically) during training.
- Players have had a nutritional snack and rehydrated after school/before training, bring a drink bottle to continue rehydrating during training.
- Players only wear the **2025 Northern Tigers training kit** as issued by the Club.
- Players **MUST** wear shin pads – no shin pads – **NO TRAINING**.
- Players bring the **correct size ball**, which is suitably **INFLATED**, to every training session. Players should write their name on the ball. If a ball is lost, then the player needs to purchase a replacement (of their choice or a Club issued ball).
- Permitted player activities for players that arrive to training early –rondo's, football tennis, juggling, ball mastery, passing. No shooting on goals.
- Players are required to apply maximum effort (physically and mentally) at all times.
- Players are to exhibit fair play, be 100% supportive of teammates, bullying is not tolerated.
- Players listen and focus on coach instructions.

Breaches of the following type will result in disciplinary action:

- Players disrespecting the coach and/or teammates is not acceptable
- Disruptive behaviours by players are not acceptable
- Dangerous play is not acceptable
- Bullying in any form is not acceptable

1. 1st breach will result in a verbal warning to the player
2. 2nd breach will result in the player sitting out of the session for a short period of time
3. 3rd breach will result in the player sitting out the rest of the session

The team coach will inform the Technical Director of any disciplinary action. Parents will be informed of regular/significant breaches to work through how to assist the player meet the standards required.