

FOOTBALL AT BAY OLYMPIC



BAY OLYMPIC

Soccer and Sports Association



FOREWORD

Bay Olympic's vision is to be the most respected club in football and local communities. For our members we strive to provide the best environment for their enjoyment and development. Simply put, we want our members to enjoy a lifetime love of the game at Bay Olympic whether they are playing, coaching or managing at the elite or community level or supporting as an administrator, volunteer or sponsor.

It is the great pride we take in the contributions and achievements of the teams and people in our Club, along with a celebrated history dating back to 1948 that have provided the strong foundations we will continue to build on.

In this booklet we discuss how we deliver football for our current and prospective members. We explain our playing philosophy, playing attributes, the role of coaches and the role of parents/caregivers.

Bay Olympic will continue to measure success in multiple pathways; a growing and engaged membership base, a strong pool of capable and passionate coaches, great supporters and players returning year after year realising the dream to play for their club, province, country or professionally.

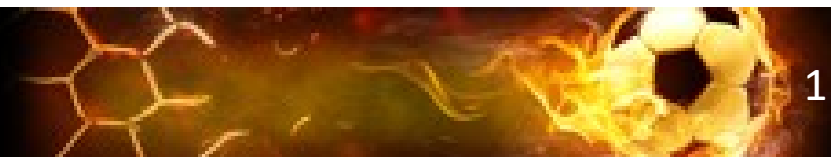
Our continued success is and will continue to be due to the contribution of many people. If you have any questions, please talk to us.

Thanks for choosing Bay Olympic and being part of our future.

Graham Leaming

Chairman

Bay Olympic Soccer and Sports Association Inc





VISION

To be the most respected club in football and local communities

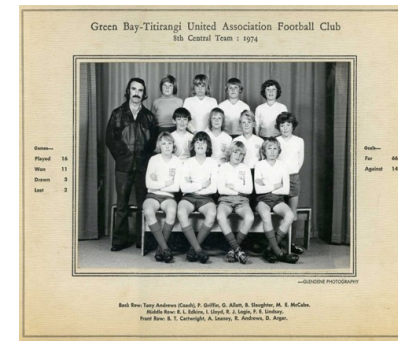
HISTORY

Bay Olympic was formed in 1998 with the amalgamation of Blockhouse Bay Soccer Club (est: 1948) and Green Bay-Titirangi United (est: 1973).

We proudly encompass the history of those two Clubs, which includes a National League title, a Chatham Cup victory, NZ representatives and thousands of former and current footballers who fell in love with and enjoyed the beautiful game, forging lifetime friendships.

Bay Olympic's highlights since the amalgamation include the construction of our fantastic Clubrooms, the vast improvement of the Crum Park facility, significant growth in membership, the establishment of a full-time Director of Football for the benefit of our youth and juniors, and growth of our football in schools' programme.

On the field we have had youth teams win championships and tournaments in NZ and Australia and players represent NZ in age group and national teams. Our Men's Premier team have won the Northern League Premier Division on four occasions, along with two Chatham Cup Semi-finals and the 2010 Final.

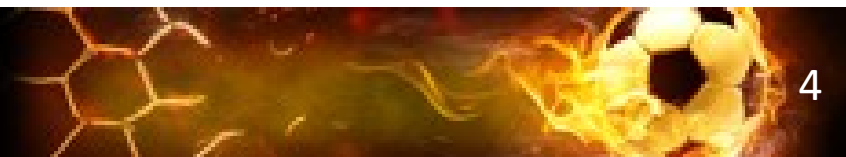


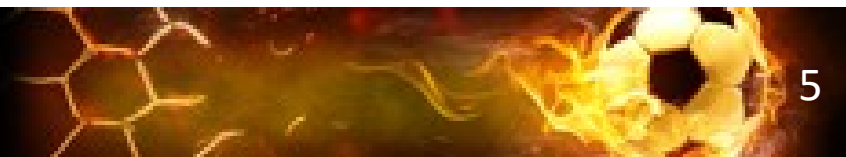
OUR COMMUNITY

We love engaging with our community, in particular providing football opportunities in local schools. We have run programmes free of charge for 10 years and in 2022 with the help of Sport Waitakere have expanded this to 11 West Auckland schools, both during school and after school.

The school programme culminates with a series of tournaments in November enjoyed by hundreds of children from these primary schools.

Our end of season Club Fun Day has become another highlight for members and the wider community. For the past two years we have been supported by the Whau Local Board. Club members and the local community are invited to attend. In 2020 some of great activities on offer included small sided games, hunger ball, bubble soccer balls, an obstacle course and a free sausage sizzle. Our Chairman, Graham Leaming also presented 10-year medals to youth players who had started at the Club at First Kicks level.





OUR FACILITIES

At Bay Olympic we are proud to offer our members some of the best facilities across the region.

Olympic Park – Our clubrooms and premier field are located on Portage Road, New Lynn. The playing surface and facilities are excellent, providing a fantastic experience for players and supporters.

Crum Park – Our main training and playing base for football is just a short drive from Olympic Park. An excellent floodlit artificial turf allows intensive year-round use. Two grass pitches are also located at Crum Park, making it a hive of activity with up to 20 games on a Saturday.

We also use training and playing facilities at Parrs Park, and the Blockhouse Bay Reserve (Rathlin & Terry St).

We will continue to work on improving access to quality training and playing facilities for our growing membership.



STOP **TURF BOOTS ONLY**

NO metal or screw-in studs
jandals or other shoes

PLAYERS ONLY
or coaches / managers wearing turf boots

WATER ONLY
Please no food, soft drink or alcohol
Plastic bottles only, no glass or metal

BAY OLYMPIC **Auckland Council**

We appreciate you respecting our turf rules to protect the life of this facility for all of the community to enjoy

F E E D B A C K

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Bay Olympic's football programme has become an integral part of our sports programme. They work here every Monday or Tuesday and they also organise a girls and boys cluster football tournament for 10 schools once a year. These contain up to 60 teams or 660 children.

Bay Olympic's programme has meant that children in our school have been exposed to a sport that not all of them have been involved with in the past. 150 children are getting weekly football coaching and physical exercise. Our teachers are getting weekly professional development and the number of children who have taken up football outside of school has increased remarkably. This has been most noticeable with our girls. Bay Olympic's football programme is one of the first programmes that we add to our calendar each year.

We look forward to working with Bay Olympic in the future with your help.

Graham Cox, Laingholm School

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We have lots of enthusiastic footballers at Marshall Laing Primary School and Bay Olympic have really tapped into that interest by offering two after school coaching sessions on Wednesday and Thursday throughout term four. These sessions taken by two Bay Olympic coaches have been hugely popular and over 60 children have taken part.

Due to this dedicated coaching, the improvement of our children over the last 8 weeks has been immense. They have grown in confidence, pass the ball well and have a game sense that they didn't have before - all whilst having a lot of fun.

The interest in playing club football has also grown and many of these children will sign up to play for Bay Olympic for 2022. It's been a great success and we are very grateful for Bay Olympic for giving us this opportunity.

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David White, Marshall Laing Primary

OUR COACHES

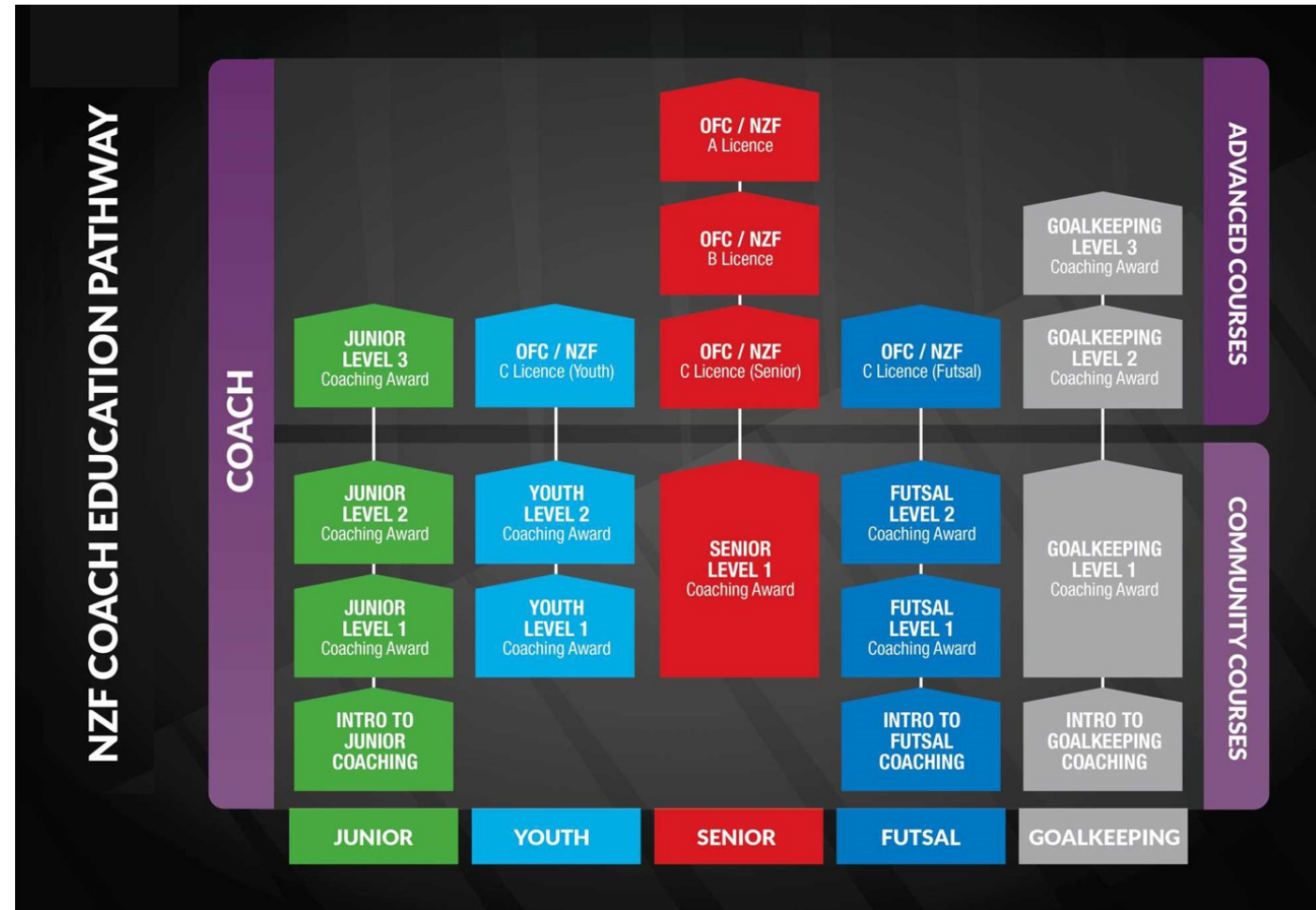
We are extremely fortunate to have many dedicated volunteer coaches helping to develop and mentor our players in the junior, youth, and senior space. These amazing people allow us, Bay Olympic, to maximise the opportunities we offer our players to achieve their personal and team goals and develop a lifelong love of the game.

New Zealand Football club licensing requires our coaches to hold appropriate licenses dependent on the level of the team being coached.

In 2022 we will continue to offer support and facilitate our coach education through both in-house Community courses and with the New Zealand Football Advanced coaching courses.

In-house level community 1 & 2 course details will be announced early in 2022.

Advanced pathway information and course details are available at: www.nzfootball.co.nz/coaches



MEN'S DEVELOPMENT SQUAD

By identifying youth players who are showing the aptitude to play at the highest level for the Club, Bay Olympic aims to provide a gateway from youth football to senior football for its talented youth players.

In 2022, the Development Squad (formerly known as the Premier Reserves) will be a smaller core group than in previous seasons with additional players offered opportunities throughout the year. The primary focus will be targeting specific areas of player development with the aim for players to maximise their full potential. We will work with the players to refine their talent, knowledge, and individual drive to achieve in a safe, but challenging environment. Our vision, by establishing better linkage between teams, is to provide and promote greater opportunities for players within our talent pathways so that they develop to become Premier team players at Bay Olympic.

Martyn Miller

Men's Development Team Coach



COMMUNITY MEN'S FOOTBALL

At Bay Olympic we take great pride in being able to offer football to teams across a wide range of levels. Senior and social football at Bay Olympic is a place where community teams have access to top notch facilities, both Clubrooms and playing fields. From a social aspect 2021 was a tough year, however 2022 looks like it is going to be great, for football plus more social events for the enjoyment of our members.

As a social team player and manager, I appreciate the things offered to teams at no additional cost. It is something that brings our teams back to Bay Olympic year after year. In 2022 we plan to continue to offer a new senior men's team in Division 3, continue in Division 5, and see the return of our multiple senior social teams.

Garry Miller | Player, Manager, Senior Club Representative



FEMALE FOOTBALL

For the last two years Bay Olympic has been working hard to rebuild and establish a strong female presence both in membership and performance.

The Club consistent with its vision and values, seeks to build a lifetime love of the game for female members through;

- Increased levels of involvement.
- Enjoyment and fun.
- Development pathways.
- Opportunity to grow at Bay Olympic and develop with gateways from our junior and youth football into competitive senior women's football.

The Club is committed to building on the work done and creating competitive senior women's football in 2022, with a real focus on developing the right player mix.



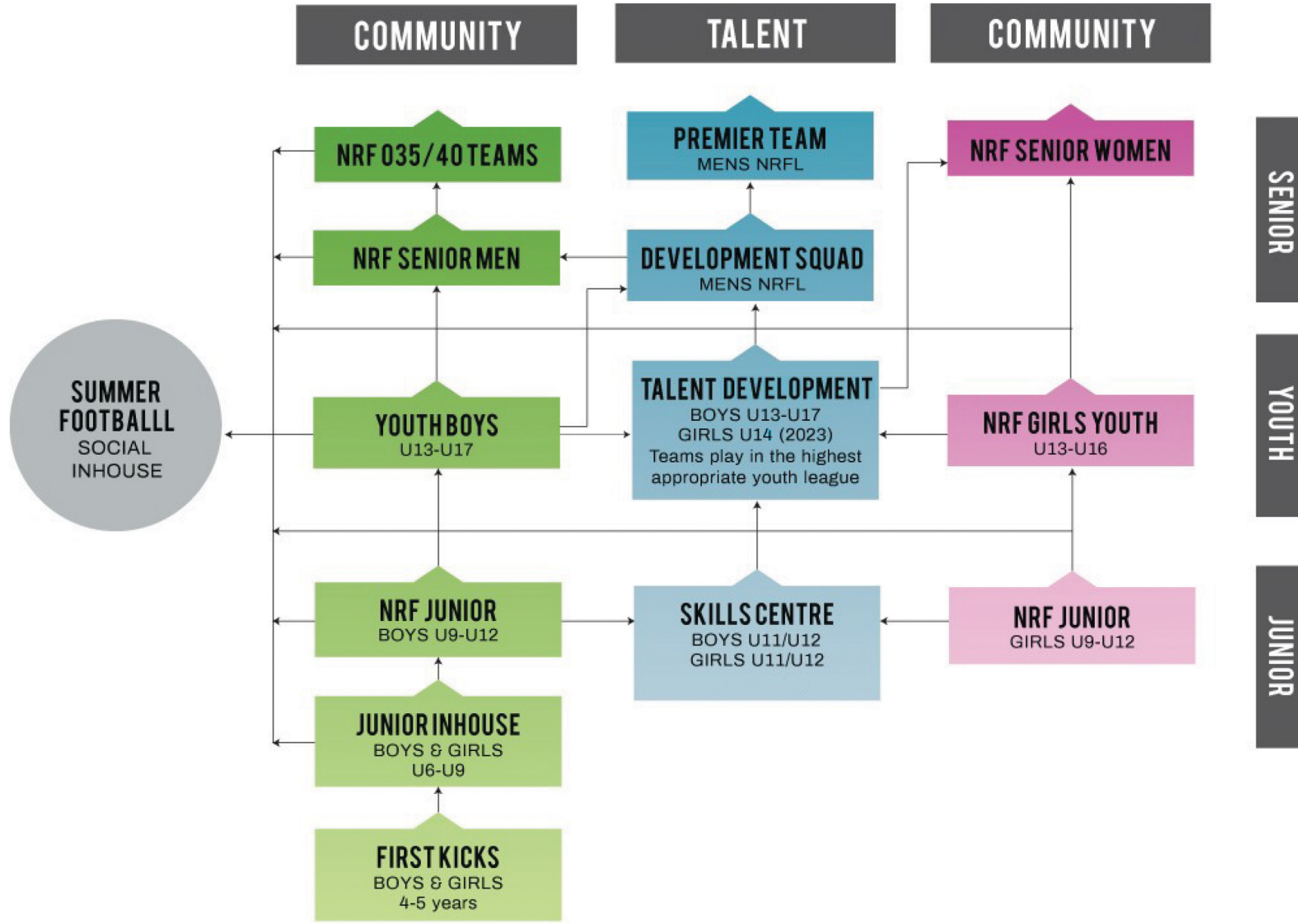
FEMALE FOOTBALL

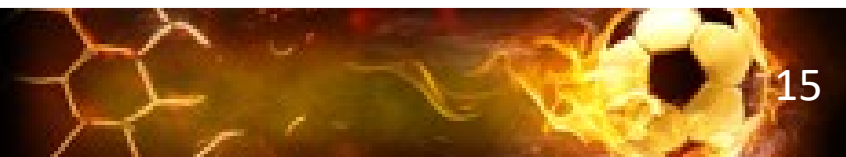
The Club will appoint a female focused coach for 2022 who will lead our junior and youth coaching programme and coordinate our approach as we target continued improvement in the following areas;

- Helping the coaches of our female teams to maximise the development and enjoyment of their respective training sessions.
- Identifying and developing a Girls programme for those that want to accelerate their progress.
- Girls Only Fun Days each season to build our membership base, with check-ins to ensure that players are having fun.
- Female specific Academy Sessions and School Holiday Programmes.
- Working with the wider Bay Olympic team to run the girls only school tournament days, showcasing our Club and aiding female development of the wider Bay Olympic community.



PATHWAY CHART





PLAYING PHILOSOPHY

A measured and focussed possession-based style combined with wide ranging and unpredictable individual and team attacking play. This comes about through inventive players, effective combination play and a determined mentality in good goal scoring situations.

Built upon a base of determined and resolute defending achieved through intelligent and relentless pressing by skilled and selfless players. Our unique Bay Olympic identity is observable through an inclusive positive environment where players and coaches feel comfortable to express themselves, both individually and collectively to achieve.



KEY PRINCIPLES

Attacking

- Play out – Early & securely
- Build Up – Circulate the ball with quality patient passing
- Team Incision – Supportive positioning with combination play to create overloads centrally and wide
- Individual Expression – Confident with intelligent risk taking

Transition to defence

- Press opponents quickly and as high as possible
- Prevent opponents playing forward
- Recover quickly to delay attack, deny space, and gain a balanced shape






Defensive

- Regain possession quickly and as close to opponents' goal as possible
- Compact shape
- Deny time, space, and goal scoring opportunities






Transition to Attack

- Play and move forward as quickly as possible securely
- Secure possession and get into balanced shape to play forward

PREMIER PLAYER ATTRIBUTES

Position 	Technical 	Tactical 	Physical 	Mental 
Goalkeepers – Attacking	Accurate receiving Accurate, varied distribution with feet Accurate, varied distribution from hands	Position to support and switch play Initiate quick attacking Organise players in front	Change direction quickly Quick feet and strong hands Pace over short distances	Composed under pressure Clear and concise communicator Quick positive decision making
Goalkeepers – Defending	Deal with crosses and through balls Effective catching and passes Strong 1 v 1	Awareness of threat level – safety is paramount Organise players in front Take up effective sweeping positions	Strong hands and feet Robust for repeated diving Explosive diving and jumping	Composed under pressure Clear and concise communicator Brave in ground and aerial challenges
Full Backs #2 & 5 – Attacking	Receive and accurately progress the ball with a variety of passes Variable crossing techniques Run and dribble quickly	Join the attack with well timed and aggressive and supporting runs Intelligent game management – play the state of the game	Speed and stamina over varied distances Quick changing direction Jumping ability	Composed and confident on the ball Mentality to constantly join in attack
Full Backs #2 & 5 – Defending	Dominant in 1 v 1 scenarios Prevent opposition passes and crosses Effective tackling and heading ability	Smart pressing and timing of challenges Support and cover the backline and midfield	Speed and stamina over varied distances Jumping ability Quick changing direction	Brave in challenges Disciplined defending Confidence to organise others
Centre Backs #3 & 4 – Attacking	Effective receiving and playing varied passes Aerial proficiency Dribble into space	Positional awareness, when to – hold, support, join in Intelligent game management – play the state of the game	Strong aerial ability Strength, speed and stamina over varied distances Quick changing direction	Composed and confident on the ball Clear and concise communicator
Centre Backs #3 & 4 – Defending	Dominant in 1 v 1 scenarios on ground and aerially Effective pressing, tackling, intercepting, and defending crosses Tracking and marking opponents	Intelligent pressing and challenging Support and cover the backline and midfield Effective body shape and smart positioning	Strong aerial ability Strength, speed and stamina over varied distances Quick changing direction	Clear and concise communicator Effective decision making under pressure Composed mentality
Central Midfielders #6 & 8 – Attacking	Play quickly and travel at speed Effective vision and accurate passes Ability to score from varied distances	Effective body shape and positioning to receive in time and space Rotation with other midfielders Keep a balanced attacking shape	Quick changing direction Speed and stamina over varied distances Jumping ability	Discipline in when to join the attack Composed under pressure Confidence to demand the ball
Central Midfielders #6 & 8 – Defending	Provide screen for the defence Intercept opposition forward presses Skilful and aggressive tackling, tracking, heading	Provide support and cover Recover into the most dangerous positions Smart pressing and timing of challenges	Jumping power Strength with the ball and in ground or aerial challenges Defensive agility	Disciplined defending Bravery in challenges Clear and concise communicator

PREMIER PLAYER ATTRIBUTES

Position 	Technical 	Tactical 	Physical 	Mental 
Attacking Midfielders #8 & 10 - Attacking	Effective vision and accurate passes High level of proficiency in 1v1 and combination play Score from varied distances	Find and create space between the lines Movement and timing to arrive in dangerous positions Positioning to start and support counter attacks	Speed and stamina over varied distances Jumping ability Quick changing direction	Composed and expressive in attacking areas Confidence and desire to want the ball Intelligent decision making in goal scoring opportunities
Attacking Midfielders #8 & 10 - Defending	Provide support to forwards when pressing Skilful and aggressive tackling, tracking and marking	Limit opposition time and space Intelligent pressing and challenging	Strength with the ball and in ground or aerial challenges Defensive agility Jumping power	Willingness to work hard and recover Bravery in challenges Disciplined defending
Wide Attackers #7 & 11 - Attacking	Effective vision Highly proficient in 1 v 1, combination play, incisive passes Varied, accurate crossing techniques	Find and create space between the lines Movement and timing to get in behind Positioning to start or support counter attacks and create opportunities	Speed and stamina over varied distances Strength on the ball Quick changing direction	Determination to create and score goals Composed and expressive in attacking areas Confidence to want the ball
Wide Attackers #7 & 11 - Defending	Recover quickly and track back Initiate of support press Intercept passes	Recover to fill in for other players when required Limit opposition time and space Intelligent pressing and challenging	Jumping power Strength on the ball and in challenges Defensive agility	Willingness to work hard and recover quickly Intelligent and relentless pressing mentality Bravery in challenges
Central Forwards #9 - Attacking	Score goals in varied ways Secure possession under pressure Highly proficient in 1 v 1 and combination play	Movement and timing to receive in dangerous areas Awareness to combine with others and create goal scoring opportunities Take up goal scoring positions	Speed and stamina over varied distances Strength on the ball and aerially Shooting power, jumping power	Determined and confident to consistently get on the ball Composed and inventive in attacking areas Bravery in challenges
Central Forwards #9 - Defending	Positioning to win the ball or force the play Intercept passes Enable counter attacks	Recover to fill in for other players when required Limit opposition time and space Intelligent pressing and challenging	Speed and stamina over varied distances Strength on the ball and when challenging Jumping power	Intelligent and relentless pressing mentality Bravery in challenges Willingness to work hard

HOLISTIC APPROACH

The gradual, progressive development of junior and youth players is fundamental to their enjoyment, technical and tactical competency, and retention in the game.

The four corners approach places the player at the centre of the development process and recognises that the Technical, Tactical, Mental, and Physical components of the game are distinguishable but not separable. These components should be built within a culture that caters for the social and emotional needs of the players. Although priorities will vary during the players' different phases of maturity, the Four Corners approach provides a framework for coaches and is deliberately interlinked. The key message for coaches is to be aware of the flow on effects and avoid considering any of the components in isolation. This approach ensures that the experience offered to players will not only meet their specific needs, but will foster a greater enjoyment of the game.



FIRST KICKS

First Kicks players are likely to be participating in organised football for the very first time, and they need to enjoy the experience if they are to fall in love with the game.

For the First Kicks game leader, this means having a good understanding of the needs of young children who are just starting out.

The game leader must be aware of these characteristics and run sessions accordingly. This means using a range of games and activities that are based on improving the players' coordination while introducing football skills. The games and activities used in the Junior Framework cover four specific components that make up a First Kicks practice session.



TECHNICAL & TACTICAL

Activities provide learning opportunities – allow the children to play

Technique development takes place through fun activities that offer lots of dribbling and shooting

Football coordination is developed with lots of touches of the ball in different activities



MENTAL

Activities should involve opportunities to make worry free mistakes

Activities should progress or change quickly

Activities need to challenge players to become aware of the other players around them

Attach stories to activities to take advantage of imagination and curiosity



PHYSICAL

High energy games with lots of activity

Activities need to improve players coordination in general

The ball should be used to add fun

Activities include lots of different types of movements

Sessions need to be safe and risk free



SOCIAL / EMOTIONAL

Activities focus on individual development while in a group environment

Activities give the player as much time using the ball as possible

Activities need to be used as playful and fun experiences

JUNIOR 7 - 8 YEARS

The Fun Football player is capable of developing a greater level of game understanding and acquiring a broader range of technical skills than the First Kicks player.

For the Fun Football Coach this means it is essential to have a good understanding of what the players need across all four corners of player development.



TECHNICAL & TACTICAL

The content of activities and games used provides learning opportunities – allow the players to play

Technique and skill development takes place through the use of games

Coordination is developed through the introduction of the ball to games

Learning takes place through the exploration of new games and activities

Individual technique is the focus



MENTAL

Players need to be continually praised and need to succeed regularly during the session

Coaches need to avoid criticising McDonald's Fun Football players

Activities and games need to challenge players to become more spatially aware

Coaches need to use stories to add stimulation to activities and games



PHYSICAL

Players need high energy games with lots of activity

General Movement and Football Coordination activities must continue to improve players' coordination in general, but also with a more football specific focus with the use of the ball

Lots of different types of movements need to be used across a session

The ball needs to be used to add motivation to sessions



SOCIAL / EMOTIONAL

Players at this age need to focus on individual technical development rather than team tactical development

Players need to be encouraged to work with the wider group setting through 'team' games

Activities and games need to be used as playful and fun experiences

Activities give the player as much time using the ball as possible

JUNIOR 9 - 12 YEARS

The Mini Football player is much more capable of developing a basic understanding of the game as well as acquiring a broader range of technical skills.

The Mini Football coach is therefore required to have a good understanding of the increase capability at this stage across all four corners of their development and needs the appropriate coaching tools required to challenge and extend the players in these areas.



TECHNICAL & TACTICAL

All sessions must ensure the central focus is on technical development - high skill levels with both feet and other parts of the body in order to enjoy success.

Games and activities should begin to involve tactics related to the game, and start to develop basic individual roles within a team in different areas of the pitch.

Sessions need to develop player understanding of In Possession and Out of Possession work, and Transition.

All games and activities should continue to allow players to develop new skills and use them in game related activities.



MENTAL

Players need the challenge of both individual and collective problem solving, and need to have ownership of this process.

Coaching should include effective questions and challenges that will promote player creativity and self-initiative

Coaches need to create positive environments as players at this age can be highly self critical, and sensitive to criticism from both peers and adults.

Activities and games need to include high levels of positive individual competitiveness where appropriate

Coaching needs to include lots of positive, encouraging communication.



PHYSICAL

Players at this age need high energy games with lots of activity.

All activities should include an aspect of physical competitiveness or contact - players need to become comfortable with increased physicality.

Speed, agility and stability should be key components as players now face physical challenges both in and out of possession.

Coaches need to take into account players who may be experiencing comparatively rapid physiological change which influences football development.



SOCIAL / EMOTIONAL

Games and activities need to encourage players to be aware of the value of others.

Coaches need to foster positive peer interaction and communication, trust among team mates and the ability of individuals to take ownership of problems.

At all times coaches need to be fair to all players and convey a strong sense of justice and equality.

YOUTH

During their youth years, players are in or entering puberty, a phase of radical mental and physical change. It is important to know that, on average, females enter puberty about two years earlier than males.

While this decrease in coordination and strength can lead to a temporary slowdown in a player's physical and technical development, the rapid intellectual development means they have the ability to operate within and understand far more complex situations as well as increase their understanding and appreciation for teamwork.

It is also vitally important that there is a focus on player welfare. The inclusion of programmes such as ongoing injury prevention, appropriate strength and conditioning, mental skills techniques and nutrition will contribute to the overall development and welfare of the player.

CULTURE

TECHNICAL / TACTICAL

- Youth players need the opportunity to practice learnt techniques in activities that involve decision making and problem solving
- Fundamental movements / basic techniques are acquired and players will want to apply these in skill activities
- Due to the grasp of basic techniques, players should be more likely to perform these under competitive conditions
- The idea of "team" will be well established, with players having a basic understanding of tactical set ups and positional roles and responsibilities

MENTAL

- Players are faced with a transition from the smaller form of the game to 11v11 at youth level. This can be challenging and affect decision making as well as introduce tactical problems to solve.
- With more competitive fixtures in the youth space, anxiety in players may be heightened resulting in different reactions to familiar scenarios.
- Players are capable of making informed decisions and value the opportunity to share ideas

PHYSICAL

- The issue of growth and development is heightened at this age, as players can experience rapid changes to their body. The perception of a player's potential ability should be considered with this in mind.
- Youth players face a higher risk of injuries, especially overuse ones as muscle and bone can grow at different rates
- Athleticism becomes increasingly important due to larger size of pitches and the introduction of competition

SOCIAL / EMOTIONAL

- As young players seek emotional autonomy from their parents, friends and peers become more significant. In some cases this may mean that there are more distractions away from the football environment.
- Are more willing to take part in peer interaction, forming bonds and relationships with people in their age group
- Wish to be treated as an adult and have formed opinions already

USE FOOTBALL TO GET FIT4FOOTBALL

The football season in New Zealand is shorter than in many established nations. It is therefore vital to maximise the time that players train and play.

If the purpose of training is to improve match performance then training activities must be football-related and resemble the match. If all of the training is related to achieving a clear objective then the chance of transferring this objective into the match performance is greatly increased.

This is also true of physical conditioning and coaches should aim to ensure that players are allowed to develop in this corner whilst taking part in football-related activity. This will result in multiple benefits from training across more than one of the Four Corners.

Football Training = Football Conditioning
Football Conditioning = Football Training



DEVELOP THE PERSON AS WELL AS THE PLAYER

The holistic approach also develops the mentality of the player, helping them to maximise their opportunity for development. Particularly in the higher levels of the game, player mentality is key and can be the determining factor in unlocking player potential.

When the game resistances are present the player's mental skills are being developed. With the correct level of challenge and good feedback the confidence, composure, concentration and character of each player can be developed.

Football Training = Football Thinking
Football Thinking = Football Training



JUNIOR & YOUTH PATHWAY

JUNIOR PATHWAY

First Kicks

Girls and Boys 4 to 5 years, U6 & U7 play Friday evening at Crum Park

Junior In-house

Girls and Boys U8 to U9 years play at Parrs Park Saturday morning

Junior NRF

Girls and Boys play Saturday morning at home and away venues

Skills Centre

Offered by invitation in 2022 for competitive Girls U11/12 and Boys U11/U12.

The programme is delivered over 16 weeks running terms 2 & 3 in 2022. Each session is based on an attacking or defending moment of the game, a core skill within that moment, and specific focus i.e.

Moment: Attacking, Core Skill: Striking the ball, Specific Focus: Short passes.

School Holiday Programme

Through 2022 we will offer 4-day holiday fun based programmes for Girls and Boys 6 – 12 years.

Please see our website www.bayolympic.co.nz for details and registration.

YOUTH PATHWAY

Community

Girls U13 – U16 and Boys U13 – U17, generally played Saturday at home & away venues, 1 -2 training sessions per week.

Talent Development Programme

Boys U13 – U17, our Premier Youth Teams, play Sunday at home and away venues.

Girls will enter U14 from 2023 onwards. The programme is delivered over 24 - 30 weeks, 3 training sessions per week.

New Zealand Football Talent Development Programme sessions are designed so all four Main Moments will be evident, however, there will be a specific focus on a Key Principle within a particular Main Moment from when the player arrives at practice until they leave.

APPENDIX

Address & Communications

36 Portage Road
New Lynn
PO Box 80-019
Green Bay
Auckland 0643

Phone: 09 826 3041

Email: hq@bayolympic.co.nz

Registration Information

Please visit our website for up-to-date information on how to register for the upcoming season www.bayolympic.co.nz

Director of Football

Mark Tully

Club Co-ordinator

Hélène Hunt

Executive Committee

Chair

Vice Chair

Secretary

Treasurer

Youth/Junior Representative

Senior Men's Representative

Female Representative

Committee Members

Junior Coordinator

Youth Coordinators

Senior Club Captain

Junior Club Captain

Football Operations Manager

Jon Gwin

Graham Leaming

Chris Gwin

Aidan Lovelock

Lesley Winstanley

Jenny Spreitzer

Garry Miller

Debbie Apanui

Tina Ivory, Vaughan Lees, Gary O'Neil, Jacque Hopkins

Debbie Apanui

Jacque Hopkins

Daniel Price

Andy Phipps