

2023

JUNIOR / YOUTH COACHES & MANAGERS INFO



suggested training schedule - 60 minutes

1. Arrival activity / warm up // 10 mins
2. Game activity - cycle weeks & repeat // 20 mins
3. Small-sided game // 20-25 mins

training outcome:

Players have fun, are all involved, get as many touches on the ball as possible.

reminder:

Area does not need to be big - keep it proportional to the number of players.
Smaller means more touches and time on the ball.

fields

Please use your common sense when using school or council fields and only use the field that has been allocated to you through the Club booking system. If it has been pouring with rain prior to your training or if the fields are closed, then cancel training. Player's skills will not improve if they train on fields that are just mud - even though they may love it, it will not enhance our relationship with either the schools or the council if we train on grounds when they are obviously not able to sustain training. If the weather has been unduly bad then please contact the school where your training is booked to ensure fields are still open.

field closures

Training on "CLOSED" council grounds or on grounds that are not able to cope may cause the closure of grounds on Saturdays resulting in Club teams not playing games. If in doubt, please visit www.aucklandcouncil.govt.nz - click on **Parks, Recreation & Facilities** >> **Sports** >> **Sports Fields Closures** - enter your field/park, then click SEARCH. Or phone Auckland Council Call Centre on 09 301 0101 and ask for an update on your particular training field.

school fields

Green Bay High School, Green Bay Primary, Kaurilands School and Woodlands Park School are not available for use by any Bay Olympic teams.



posts & nets

It is the responsibility of each team playing with half-size goals to be aware of who puts the posts out and nets up and who takes them down.

crum park | parrs park | rathlin street

Junior / Youth smaller goal nets will be located onsite for the season. It is the responsibility of each team to be aware of who puts the posts and/or goals and nets up and who takes them down. If a team isn't waiting to take the field after your game has finished then it is your responsibility to take posts and nets down. Please do not leave goals, nets and corner flags up as this adds to the workload of our Club volunteers.

At Crum Park you will find a listing of the fixtures for the day on the side of the changing room building. This will indicate which Junior or Youth team is responsible for both putting up and taking down goals. If you are the last youth team to play on the Crum Park turf or Grass, please put the goals away immediately so that the senior teams are not left to manage this prior to the start of their games.

Full size nets for Blockhouse Bay Reserve Rathlin St #1 and Terry St #2 are stored and available to pick up from the changing sheds at the Rathlin Street field. The first team playing at the field each day will need to put the nets up, and the last team will take them down and return them to the changing rooms at Rathlin Street. If your team is scheduled to play at Rathlin Street, the goals and changing rooms will be unlocked and ready to access.

avondale racecourse

Full size nets can be collected from the Club on Thursday evenings between 7.30pm & 9.00pm or office hours during the week - please call ahead if during office hours on 826 3041. Nets must be returned Saturday afternoon after your game to the Club - 36 Portage Road, New Lynn.



cancellations & ground changes

NRF normally communicate these to Clubs late afternoon Friday and publish to the NRF website. The club will only post updates to the Club website and Fsocial media in the event of cancellations. Please visit nrf.org.nz on a regular basis to find any changes that may affect your team, even first thing on a Saturday morning just in case a change may have occurred overnight. Click on **Competitions** and then utilize the drop down menus to find your grade, then team and correct date.

defaults & postponements

If for any reason your squad is unable to field a team for the weekend game, please let the Club know as soon as possible at hq@bayolympic.co.nz so we can notify NRF and the opposition Club. Letting us know early will enable us to possibly arrange a postponement to play the game at a later date. Last minute cancellations will likely be classified as a default.

regulations

Please see attached regulations or refer to the NRF website for other resources.

catalogues

All grades, 9 to 19, are required to have their team catalogue with them for each fixture. A team, both home and visitor, can request to see your catalogue should a player's eligibility come into question. Your catalogue (team list) can be accessed by using your Friendly Manager log-in.

unregistered players

Under NO circumstances are any teams allowed to field unregistered players, doing so could compromise your results ie. loss of points and/or fine. If you require more players or are short of players for a specific game then please contact hq@bayolympic.co.nz for their help in this matter.

referees

Generally all teams will need to provide a referee for at least half a game, this could be shared around your parent/caregiver group. We are looking to host a Club-based and Level 1 Referee Course with dates tbc. In the meantime, confirmed Referee Courses can be viewed at <https://www.nrf.org.nz/Referees-1/referee-education-calendar-1>



misconduct fines

Youth players will not receive misconduct fines but will receive copies of any cautions and/or suspensions. All team Managers will be notified if players have received cautions and/or suspensions.

U9 to U19 results

Results must be sent to hq@bayolympic.co.nz by no later than 5pm Sunday of the same weekend as your game.

alternative strip

Required if playing the following opposition Clubs away:

Western Springs / Onehunga / Hibiscus Coast / Tuakau / Drury / Oratia / Three Kings

Strip can be collected from the Clubrooms during office hours and on Thursday nights between 7.30 and 9pm by prior arrangement only. Please call 826 3041 to confirm a time. They are to be returned (washed) the following Wednesday during office hours.

premiership / conference kit care

It is Club Policy that the kit provided to these teams stays with one person. That person is responsible for all aspects: washing and distributing before and collecting at the end of each game. Please do not give shirts out to individual players for the season. This reduces the life of the shirt. Wash only in cold water and do not put in drier.

fees

Player fees are split three ways between NZ Football, Auckland Football Federation and Bay Olympic, approx. one third each. It is therefore necessary for the Club to fundraise to upgrade our training equipment and to improve development of players by having a Director of Football and support staff etc. Your team may be asked to support a major fundraising event during the season.

FIFA laws of the game - REMINDER

law 4 - the players equipment

The basic compulsory equipment of a player comprises the following separate items: shirt, shorts, shin guards, appropriate plastic moulded sole football boots (no metal sprigs) and socks - if tape or similar material is applied externally, the tape must be the same colour as the item it is applied to.

NRF police check

The Executive Committee of Bay Olympic Soccer & Sports Assn have agreed to voluntary Police Checks for all their Junior and Youth coaches as part of the NZ Football Quality Mark program.



If you have not already, please complete a Police Check form if you are a Coach, Assistant Coach or Manager (or if you have anyone else in your team who will be coaching players) and return it to hq@bayolympic.co.nz these will then be forwarded to the NZ Police for a security check.

federation information

- The NRF website is in operation for delivery of football related information to our network www.nrf.org.nz
- NZ Football advises following hygiene requirements for all clubs and participants:
 - All participants should regularly wash and dry their hands, or if not possible use hand sanitiser, before and after an activity.
 - You should continue to cough or sneeze into your elbow and avoid spitting, or similar actions.
 - Sharing of equipment should be minimized where possible.
 - Sharing of water bottles and food should be avoided.
- Please review Regulation 9.4 for postponements, etc
- Grading - fluid grading is in place for U9 to U12 this season. If you as a coach feel your team is in the wrong division, please contact your club to assist with movement.

coaching courses available through NRF

basic NZF junior level 1 coaching award

Perfect for people who are looking to improve their coaching and to develop their knowledge and understanding of how to work effectively with junior players aged 4-12 years. Looking at both the 'How' and 'What' of coaching junior footballers through an interactive and practical approach, as well as providing a comprehensive resource for coaches to take away and use with their players.

NZF junior level 2 coaching award

Provides coaches with an opportunity to further develop knowledge and understanding of both practical and theoretical aspects of coaching junior players in the Discovery (4-8 years) and Skill Acquisition (9-12 years) Phases.

Please note: ALL candidates must have achieved a Level 1 accreditation on the Junior, Youth or Senior Pathway before they are able to register for any Level 2 modules / coaching awards. A 4-week course - participants must attend all sessions.



coaching ideas

<https://www.nzfootball.co.nz/mcdonalds-coach-development>

<https://www.coachmate.sport/nz-football>

<https://ofclearn.com/home/>

nutrition

Important for any player whether big or small, so one of the most important parts of a player's day is breakfast. Water (hydration) should be consumed before, during and after playing periods with chocolate milk being an ideal afterwards supplement. Lollies and chocolate will help energize players, especially at half time. Oranges and Powerade are not ideal to give to young players. If given Powerade, it should be diluted to 1/3rd Powerade to 2/3rds water. Creamed Rice is an ideal dietary supplement product for developing players.

nutrition references

<http://www.foodandsport.com/foodandsport.com/Welcome.html>

<http://www.soccer-fans-info.com/soccer-nutrition.html>

finally

As a Coach &/or Manager we would like to request that you please forward as much information as possible to the parents in your team. Aside from the club you are their next main point of contact for all information pertaining to their club, their child's development and/or football in general.

remember

Club loyalty, team discipline, respect of officials and referees and and appreciation of your club officials & volunteers.

Wishing you all the very best this season and a big thank you from Bay Olympic and our young players for your commitment to developing them to be the best football players possible.

Thank you & enjoy the Football Season..!

health & wellness information



steps to take if a player is injured on the field

- **Evaluate the Injury** each injury should be treated individually. While concussions seem mild among head injuries, they can be very serious. This is especially true if a player suffers from a number of concussions over a short amount of time. It can also be dangerous if a player does not get proper medical attention when an injury occurs. It is important to have someone knowledgeable evaluate the injury and determine if medical assistance is needed.
- **Get the Player off the Field** if a serious injury has occurred, it may be tempting to get the player immediately off the field to allow the game to continue and for the player to receive medical attention. Depending on what the injury is, you may however want to take your time completing this task. Let the player sit for a moment while everyone else takes a break. If they can get up and walk on their own, you can allow it. Otherwise, seek help/medical help to transport the player to a safer spot.
- **Prevent Further Injuries** consider how to prevent another injury of the same nature. You can educate your players on safe ways to conduct a certain play or movement. Help everyone understand why safety is so important moving forward.

How you respond to an injured player on your team can greatly affect their outcome with recovery. Make sure that you take the time needed to assess what is going on in order to figure out how to properly treat the injured person. Though the game might be paused when a player is injured, it's important to remember that health and safety in sports should be the first priority. Through taking these three steps, you can help to ensure that an injured player is properly and promptly taken care of.

injury notification

Notify the Club of all significant injuries. Contact us as soon as you are able after the incidence has occurred and the patient is in a safe and comfortable place. You can email hq@bayolympic.co.nz if the injury is of a minor nature. If it is greater than this please call the **Director of Football m. 027 554 4203** to advise of the injury as per the above.

club policy & guideline on concussion

Concussion should be suspected if **ONE OR MORE** of the following signs, symptoms or problems with memory are present:



1. Visible clues of suspected concussion (one or more):

- loss of consciousness or responsiveness
- lying motionless on ground or slow/unsteady when getting up
- unsteady on feet/balance problems/lack of coordination
- clutching of head or neck
- dazed, blank or vacant look
- confused in general

2. Signs and symptoms of suspected concussion (one or more):

- seizure/convulsion
- balance problems
- nausea or vomiting
- drowsiness
- irritability
- change in emotional state
- feeling of sudden fatigue
- nervous/anxious
- memory problems
- headache
- dizziness
- vision problems
- neck pain
- difficulty concentrating
- feels 'foggy'

3. Memory Function (failure to answer ANY of the following correctly):

- "What ground are we at?"
- "Which half is it?"
- "What is the current score?"
- "Who did you play last week?"
- "What was last week's score?"

ANY ATHLETE WITH A SUSPECTED CONCUSSION should be IMMEDIATELY REMOVED FROM PLAY, and should NOT be returned to activity until assessed by a medical doctor. They should NOT be left alone or allowed to drive a vehicle until medically cleared by a doctor.



4. Red Flags

If ANY of the following are reported then the player should be removed from the field unless appropriate medical assessment is on hand in the form of a qualified medical practitioner. If no medical practitioner is available, then consider transporting by ambulance for assessment after removal from the field of play.

- neck pain
- confusion or irritability
- vomiting
- seizure / convulsion
- weakness/tingling/burning of arm(s)
- deteriorating conscious state
- severe or increasing headache
- behaviour change
- double vision

5. Remember

If NO medical practitioner is present:

- do not move the player's neck if unconscious or groggy
- turn the player into recovery position whilst supporting neck until appropriate help arrives
- if player is unconscious, do NOT move the player from the field until medical supervision arrives.

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BHB, MBChB, FRACS (Ortho), FNZOA.