



Barden Ridgebacks Coaching Ethos

As we have a number of relatively new coaches amongst our junior sides for 2017 we thought it pertinent to convey the clubs ethos for coaching and managing teams and individuals.

- Remember as a coach you are endeavouring to improve the skill set of all players in your team. You also have the role of making football fun for all of your players.

Tip: Use resources from Football NSW online and attend coaching courses to improve your ability as a coach to increase the skills of your players.

- It is essential to be positive at training and from the sidelines during game days. Constructive criticism, not negative criticising, will always be more effective in improving attitude and game sense for a junior player.

Tip: Turn negatives into positives. For example, 'That was a poor shot on goal Smith' could be 'Great effort Smith, the next one will go in'. Focus on positional instructions from the sideline not skill instruction as this is what training night is for.

- Remember every player in your team is as important as each other. This relates to game time for all players. All players should receive the same amount of game time in all games. This pertains from the weakest player to the strongest player in the team. We at the club believe it is more essential as a coach to improve all players in the team than to win games and they can only do this with game time. Winning is not the key focus of a junior coach it is player development. Remember all players pay the same money for registration and therefore deserve equal treatment.

Tip: Have your manger keep track of player game times over each game and help with the timing of substitutions to keep a fair and level playing field.

- Positive, constructive feedback during halftime and at the conclusion of all games is beneficial for all teams from U6's to U 18's.

Tip: No matter whether the team is suffering a heavy loss or trouncing another team, focus on individual and team positives and outline what can be improved in a positive manner. Keep half time instructions to no more than 3 key points. Players will retain this information better if it is kept simple and positive.

Lastly, remember player welfare and wellbeing should be your number 1 priority for all training and game times. Get to know your players and show genuine interest in their progress and you will reap the benefits of your efforts. Encouraging a player to play with good sportsmanship and a competitive mindset will create a better whole footballer.

Best wishes for the season,

Alan McNair (Technical Director)

On behalf of the Barden Ridgebacks Football Club.