



COACHES, MANAGERS AND PARENTS GUIDE

Harrington United
Football Club

3

**Coaches and Managers Duties
Coaching Responsibilities**

4

Team Responsibilities

5

Coaching Code of Behaviour

5

Coaching Tips

7

Managers Responsibilities

8

Ground Set Up

9

Game Information

10

Training and Game Day Equipment

11

Supporting Information:

- **Wet Weather**
- **Forfeits**
- **Red Cards**

12

Supporting Information (cont.)

- **Substitutes**
- **Interchange**

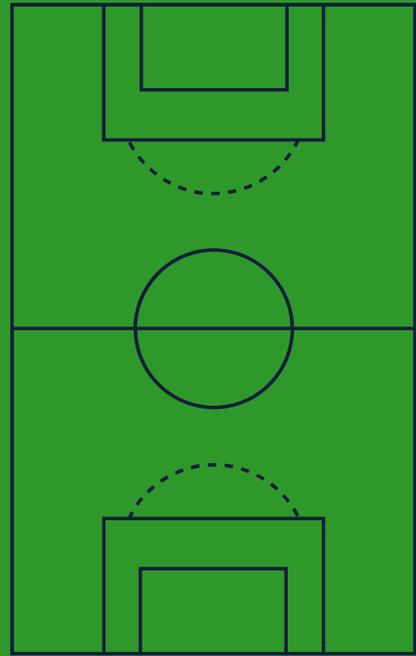
TABLE OF CONTENTS

COACHES AND MANAGERS DUTIES

- Working with Children Checks are compulsory and must be provided to the clubs MPIO Officer (MPIO@Harringtonunited.com.au) prior to the season commencement. If you are unable to provide one, the club will stand you down and find an alternate replacement.
- Notify team of when rostered to do canteen or BBQ duty.
- Ensure field is set up or packed up when team is rostered to do so.
- Technical area is cleared of rubbish and disposed of for next game.

COACHING RESPONSIBILITIES

- Provide a safe environment.
- Prepare a training schedule to develop your squad.
- Activities must be closely supervised.
- Coaches are encouraged to understand basic first aid in order to assess injured players.
- Develop clear rules for training and game day conduct.
- Coaches should keep adequate records.



TEAM **RESPONSIBILITIES**

JUNIORS

- Assist your team with set up/pack duties and/or canteen/BBQ duties when assigned. Please refer to ground duty roster published on club's Facebook account and Squadi. .
- An email is sent as a reminder.
- In the event you have been assigned to canteen/BBQ duty and are not required, please collect an orange vest from the canteen and attend to duties as a ground official on the time that has been assigned to your team.
- For junior teams (U12s to U17s), please ensure you have a member of your team (e.g. a parent or guardian) wear an orange vest as a ground official.
- In the event of an incident, please notify a member of the HUFC committee.

SENIORS

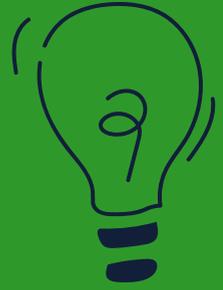
- Assist your team with set up/pack duties. Please refer to ground duty roster published on club's Facebook account and Squadi. .
- An email is sent to everyone on Squadi as a reminder.
- Ensure you have a member of your team (e.g. a parent, guardian spectator, etc.) wear an orange vest as a ground official.
- In the event of an incident, please notify a member of the HUFC committee.

COACHING CODE OF BEHAVIOUR

- Be reasonable in your demands on young player's time, energy, which no one should evade or break.
- Support the development of your players. Allow them to be curious. Where possible, attempt to provide all players equal time. Remember that children participate for fun and enjoyment and that winning is only part of that motivation. Never ridicule or yell at the children for making mistakes or losing a competition.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- Take into consideration the maturity level of the children, when scheduling and determining the length of practice times and competition.
- Develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches.
- Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles of growth and development of children.
- Avoid use of derogatory language based on gender, ethnicity or nationality.



COACHING TIPS



- Always check the field prior to commencing training or games.
- Keep warmup to a minimum and try to vary the warm up session to keep them interesting.
- Vary your training sessions by starting with a small sided game, not always completing the session with a game.
- The coach should always select teams when playing small sided games as this saves time and avoids the same players being picked last.
- When teaching a topic (i.e. switching play) explain it first then demonstrate this will remove any confusion.
- Once you have explained the exercise and demonstrated it, let the players practice the exercise. The coach should stand outside the practice and observe the players conducting it.
- If the players are having trouble conducting the new exercise, bring them back in and explain and demonstrate again as your last explanation and demonstration may not have been clear enough for the players are not ready to conduct that exercise. If only one or two players are having trouble, allow the exercise to continue while you coach those individuals having trouble. Sometimes using another player to demonstrate shares confidence.
- Ensure shin pads are worn at training to minimise the risk of injury.

MANAGERS RESPONSIBILITIES

Your teams match card must be completed through Squadi. Supporting resources are available on our website.



If you choose to, check photographs against name on team card of opposition players in Squadi.

After the match, ensure you confirm the score with the referee who will submit through Squadi.



Give out information on club happenings and activities and encourage their participation.

GROUND SET UP

Teams that have been allocated the first or last game are required to set up and pack up the fields. The tables below outline the responsibilities for relative age groups and the set up/pack up obligations.

First Under 6/7 Team

Responsible for assembling and putting the SSG mini goals together and setting them up on the Under 6 mini field and player benches. Equipment will be ready for set up.

Last Under 6/7 Teams

Responsible for folding up the SSG goals and player benches. They are to be returned to the shipping container.

First Under 8/9 Team

Responsible for assembling the Mini Goals (3m x 2m) and 4 x corner flags. Equipment will be ready for set up.

Last Under 8/9 Team

Responsible for assembling the Mini Goals (3m x 2m) and 4 x corner flags. They are to be returned to the shipping container.

First Under 10/11 Team

Responsible for assembling the Mini Goals (5m x 2m) and 4 x corner flags. Equipment will be ready for set up.

Last Under 10/11 Team

Responsible for assembling the Mini Goals (5m x 2m) and 4 x corner flags. They are to be returned to the shipping container.

First Full Field Team

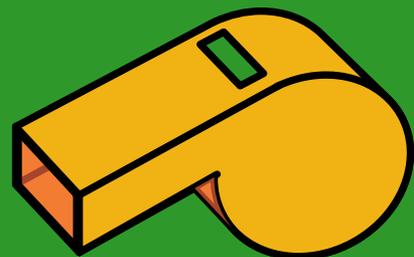
Responsible for setting up the nets, set out 6 x corner posts per field, 1 on each corner and 1 on each side of half way (the half way flag MUST be placed 1 metre outside the field of play). Equipment will be ready for set up.

Last Full Field Team

Responsible for setting up the nets, set out 6 x corner posts per field, 1 on each corner and 1 on each side of half way (the half way flag MUST be placed 1 metre outside the field of play). They are to be returned to the shipping container.

GAME INFORMATION

Age Groups	Playing time	Half time	Ball size
U6s to U10s	20 minutes a half	5 minutes	3
Under 11s to 13s	25 minutes a half	Up to 10 minutes	4
Under 14s	30 minutes a half	Up to 10 minutes	5
Under 15s and 16s	35 minutes a half	Up to 10 minutes	5
Under 17s and 18s	40 minutes a half	Up to 10 minutes	5
Over 35s, All age and M League	45 minutes a half	Up to 10 minutes	5



TRAINING AND GAME DAY EQUIPMENT

Balls	There should be at least one per two players when training. The club provides all coaches/squads with balls.
Bibs	To be used for reserves when sitting on the bench on game days.
First aid kit	Located in the canteen on game days.
Training cones	Used at training for drills and small-sided games. The club may provide coaches/squads with balls. Coaches are welcome to supply their own training resources too.
Phone	Where possible always have a mobile phone with you at training and games in the case of an emergency.
Water	Each player is to bring their own water bottle/s to each training session and game.
Ice	Where possible, have basic first aid equipment during training. Basic first aid equipment and ice packs will be available from the canteen on game days.

SUPPORTING INFORMATION

WET WEATHER

The MFA will notify the Club as soon as possible about any ground closures. This may be either Friday night or Saturday morning. This information will be posted on the Clubs social media account (i.e. Facebook) as soon as it becomes available. Do not presume games will be cancelled due to rain.

FORFEITS

In the event of a team having to forfeit a game, the Club Secretary requires 72 hours' notice prior to the game so the MFA can notify the other opposing club.

RED CARDS

All Red Cards must be reported to the Club Secretary by email to secretary@Harringtonunited.com.au before 7.00pm on the Sunday evening of the round. You will need to provide the Players Name, FFA Number and reason for send-off.

The Club Secretary will advise the MFA and will report back via the coach regarding the time and date for any judiciary hearing if applicable.

SUPPORTING INFORMATION

SUBSTITUTES/INTERCHANGE

All ages are allowed to have an unlimited number of interchanges once the referee has given their permission to make a substitution.

You are allowed to name a maximum of five (5) substitutes on the match card (Squadi) each game. This means a total of 16 players on game day.

These substitutes/interchanges can be introduced at any time during the game with the player coming off for a rest. Avoid the temptation to start with the same side each week and ensure all players are rotated equally giving everyone the same amount of game time, where possible and practical.

REFEREE FEES

Referees are employed by, and assigned to games by the Macarthur District Football Referee's Association (MDFRA) and collect their fees from the club canteen at home games. The referee fees are incorporated into our player's registration.

It is the responsibility of the opposing team to cover the referee fees when you are playing away.



HARRINGTON UNITED
HORNETS
FOOTBALL CLUB

**We welcome you to
our family club. For
further information,
please refer to our
website.**