

Tea Tree Gully District Junior Football Club Coaching Handbook



Established in 1862 the Tea Tree Gully Football Club is one of the oldest 'clubs' in Australia and is immensely proud of its past and very passionate about its future. We are privileged to have you as part of our great club's journey.

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- Boys/Mixed Junior Grading Policy
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1. Introduction

Club Coaching Philosophy

Welcome to the Tea Tree Gully Junior Football Club. We would like to take this opportunity to thank you for taking on this vital role as one of the junior coaches of our great club. Your commitment and knowledge will be imperative to the development of our players throughout the season. As a junior coach you will have a vital role in positive contributions to the Football Club and we look forward to working with you and assisting you in your role.

At the Tea Tree Gully Junior Football Club we strive to provide a professional standard of coaching focused on maximising enjoyment, development and retention of players. Our club's coaching philosophy for each age group can best be defined using the below breakdowns.

U7s – U11s

Development 50%

- Select activities that provide ALL players opportunities to repeatedly practice the fundamental skills of the game (kicking, handball, marking, pick up off the ground)
- Ensure training and playing environments are focused on ALL players learning and continuous improvement. Coaches are seen as teachers.
- Minimise lines and focus on inclusive game sense style drills

Fun 50%

- All coaches use a positive, supportive and enjoyable coaching approach
- Training activities maximise individual player involvement and are engaging
- Equal game time is provided

Winning 0%

U12s – U13's

Development 40%

- Training activities have small numbers and multiple groups to maximise the individual player involvement
- Training activities include a high percentage of game based activities that look similar to an element of the game. Minimise drills that have lines and players waiting for a turn.
- Coaches maximise player learning and create thinking players by facilitate learning conversations rather than telling (eg. asking players questions)

Fun 40%

- Fun should always remain a high focus for all age groups, keeping players motivated to keep coming back, improving and loving their experience
- All coaches use a positive, supportive and enjoyable coaching approach and both games and trainings are enjoyable

Winning 20%

- Players begin to learn basic game plans, tactics and specifics of different positions

U14s – U16s

Development 35%

- Training activities have small numbers and multiple groups to maximise the individual player involvement
- Training activities include a high percentage of game based activities that look similar to an element of the game. Minimise drills that have lines and players waiting for a turn.
- Coaches maximise player learning and create thinking players by facilitate learning conversations rather than telling (eg. asking players questions)

Fun 35%

- Fun should always remain a high focus for all age groups, keeping players motivated to keep coming back, improving and loving their experience.
- All coaches use a positive, supportive and enjoyable coaching approach and both games and trainings are enjoyable.

Winning 30%

- Players continue to develop basic game plans, tactics and specifics of different positions.
- Players begin to learn more complex in game plans, tactics and roles of specific positions.

U17.5s & U18s

Development 30%

- Focused on developing players for their transition to Senior football.
- Offering opportunities to experience senior football through both games and training.

Fun 30%

- Fun should always remain a high focus for all age groups, keeping players motivated to keep coming back, improving and loving their experience.
- All coaches use a positive, supportive and enjoyable coaching approach and both games and trainings are enjoyable.

Winning / Commitment 40%

- Players to strive to develop more complex game plans, tactics and specifics of their set position/s.

Club Mantra

We are an inclusive club, ensuring that we are welcoming and providing opportunities to all players, regardless of ability, gender, nationality, age, religion or background.

Player retention through safe, enjoyable learning environments is extremely important as we take great pride in developing and retaining young players to progress into our senior program at the Under 18 level.

As coaches, we understand the significant positive impact we can make on game day environments and club culture. It is important to ensuring all coaches lead by example and act respectfully to all people both within and outside of our club.

All coaching decisions and actions at our football club should always reflect this philosophy.

“Watch your THOUGHTS, they lead to attitudes,

Watch your ATTITUDES, they lead to words,

Watch your WORDS, they lead to habits,

Watch your HABITS, they form your character,

Watch your CHARACTER, it determines your REPUTATION/DESTINY.”

Compliance

All Tea Tree Gully Junior coaches must complete the Coach AFL Online Level 1 Coaching registration and learnings along with having a valid South Australian Government Working with Children Check.

2. Code of Conduct

Coaches Code of Conduct

I..... of

Tea Tree Gully Junior Football Club,

hereby commit, to the best of my ability, to uphold the AFL Coaches' Code of Conduct.

I understand that as an integral component of my accreditation, I must maintain a standard of behavior and conduct in the best interests of the game and the players/staff in my care.

In representing myself in an honest manner, and without bringing the coaching profession or the Game into disrepute, I will endeavour to uphold the following to the best of my ability:

1. I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, by refraining from any discriminatory practices including, but not limited to, discrimination on the basis of race, religion, gender, ethnic background, special ability/disability or sexual orientation, preference or identity.
2. I will abide by and teach the AFL Laws of the Game and the Rules of my Club and League/Association.
3. I will be reasonable in the demands I make on the time commitments of the players in my care, having due consideration for their health and well-being.
4. I will be supportive at all times and I will refrain from any form of personal or physical abuse or unnecessary physical contact with the players in my care.
5. I will have due consideration for varying maturity and ability levels of my players when designing practice schedules, practice activities and involvement in competition.
6. Where I am responsible for players in the 5-18 year old age group, I will strive to ensure that all players gain equal playing time. I will avoid overplaying the talented players aiming to maximise participation, learning and enjoyment for all players regardless of ability.
7. I will stress and monitor safety always.
8. In recognising the significance of injury and sickness, I will seek and follow the physician's advice concerning the return of injured or ill players to training.
9. I will endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players.
10. I will at all times display and teach appropriate sporting behavior, ensuring that players understand and practice fair play.
11. I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
12. I will ensure that players are involved in a positive environment where skill learning and development are priorities are not overshadowed by a desire to win.

13. I reject the use of performance enhancing substances in sport and will abide by the guidelines set forth in the AFL Anti-Doping and Illicit Drugs policies.

I agree to the following terms:

1. I agree to abide by the AFL Coaches' Code of Conduct.
2. I acknowledge that the AFL, or a body affiliated with the AFL, may take disciplinary action against me if I breach the code of conduct. I understand that the AFL, or a body affiliated with the AFL, is required to implement a complaints handling procedure in accordance with the principles of natural justice, in the event of an allegation against me.
3. I acknowledge that Blue Cards or poor coach ratings will result in internal sanctions in addition to SANFL Junior sanctions.
4. I acknowledge that violence or anti-social behaviour on-field or off-field will result in internal sanctions in addition to SANFL Junior sanctions
5. I acknowledge that disciplinary action against me may include de-registration from the AFL National Coaching Accreditation Scheme.

Note: This "Coaches' Code of Conduct" is to be signed and conformed to as part of the accreditation requirements of the AFL. Coaches should be aware that, in addition to this Code, they may be obliged to sign a further Code of Conduct/Ethics with their Club and/or League.

Coaching Pillars

Respect – Everyone must be treated with respect – club and culture, team mates, volunteers of the club, officials, opposition, family support network.

Organisation – Proper planning and communication. Good planning leads to good communication. Provide structure and set expectations.

Integrity – Person Before Result – always create an environment of honesty – to self and others. Act with humility in victory and defeat. Be a quality person who buys into the team and its values.

Team First – Everything we do is for the betterment of the team. Establish expectations and behaviours required for team success. Hold each other to account.

Self Management – Display self control and conduct self-assessments regularly and honestly – undertake measures to improve and encourage the team to do the same.

SIGNATURE:

DATE:

WITNESS SIGNATURE:

DATE:

WITNESS NAME:

POSITION:

3. Coaching Contacts

Age group	Head Coach	Contact	Assistant Coach	Contact
U7 Red	Tony Pokarier	M:	-	-
U7 Black	Harley Turner	M: 0434147811	Stephanie Brown	M: 0458842761
U8 Red	Lachlan Sandercook	M: 0448990042	-	-
U8 Black	Jay Hook	M: 0467935114	-	-
U8 White	Harry Graeber	M:	-	-
U9 Red	Tim Peryman	M: 0416379873	-	-
U9 Black	Cameron Butter	M: 0438749699	-	-
U9 White	Alastair Wheaton	M: 0401271664	-	-
U10 Red	Gareth Hudson	M: 0439959909	-	-
U10 Black	Lee Henderson	M: 0423775229	-	-
U10 White	Paul Kilvington	M: 0404444795	-	-
U10 Girls	Linley Bertram	M: 0413020726	Shannon Bertram	M: 0402108233
U11 Red	Mark Hancock	M: 0412855065	-	-
U11 Black	Leigh Collins	M: 0431902512	Matthew Raymond	M: 0407608052
U12 Red	Mitchell Vansoest	M: 0437990535	-	-
U12 Girls R	Roy O'Brien	M: 0487546892	Belinda Payne	M: 0413797388
U12 Girls B	Alex Rimmer	M: 0433359800	-	-
U13 Red	Nathan Howe	M: 0418834358	Gavin Turner Mark Thorp	M: 0417886519 M: 0419811335
U14 Red	Justin Maschotta	M: 0450908724	TBC	TBC
U14 Black	Greg Dempsey	M:	TBC	TBC
U14 Girls R	Danny Formosa	M: 0424141277	-	-
U14 Girls B	Scott Thomson	M: 0414427427	Tyler Thomson	TBC
U15 Red	Simon Ebert	M: 0433810240	TBC	TBC
U15 Black	Dylan Morrow	M: 041723709	TBC	TBC
U16 Black	Michael Bills	M: 0488088505	TBC	TBC
U16 Girls R	Stuart Forbes	M: 0438858075	Sean McCard	M: 0418834318
U16 Girls B	Matt Boylan	M: 0419141097	TBC	TBC
U17.5 Red	Jordan Russell	M: 0438654774	TBC	TBC
U17.5 Black	Jack Hazelhurst	M:0498741219	Cooper Ridgway	M: 0426272794
U18 Girls	Tim Almond	M: 0447606770	Ben Jaffer	M: 0418843874

4. Player Management

No Pay – No Play

The club has enforced a No Pay – No Play Policy for all players. This is to ensure the players are covered by insurance should any injuries occur.

Match Day Rotation Policy

The on-field rotation of players is a policy developed to enhance the participation and skill development of all players and is outlined in the Club's Selection Policy.

This Policy is to ensure all players feel an essential part of the team, regardless of their age, size, sex, ability or the competition they are playing in. It is critical they have an equal amount of time on the field during the season. This will keep players in the game and reduce the likelihood of them leaving to pursue other sports. It also satisfies parents expectations that their child will be given a fair go. It is recommended that all coaches keep records of weekly game time and position rotations of each player to ensure each has had equal time.

Rotations for Under7 to Under 11

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

Every player in a team should play at least three quarters of a game, and no player should spend more than a half a game in any one position. Further, every player should experience playing on each of the five lines (3 zones in U7-U9 mixed and U11 Girls) of field position over a three match period. Note: players should be rotated through a variety of positions on the field in each line/zone, not straight up and down the "spine" or only on the left or on the right side of the field. Coaches and Team Managers must ensure that this policy is adopted as it relates directly to Tea Tree Gully Junior Football Club Selection Policy.

Rotations for Under 12 to Under 13

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

Every player in a team should play at least three quarters of a game, and no player should spend more than a half a game in any one position. Further, every player should experience playing within each zone of the field, being backlines, midfield and forward line.

Players will begin to play specific positions, but with this in mind a player should still be rotated through other zones of the ground for up to 50% of game time.

The difference is these age group players should be left in a position on the field until they have acquired that position's basic strategies and skills. Only then should they move to a new position.

Rotations for Under 14 to Under 17.5

Once children reach these age groups the emphasis shifts from players rotating through all positions on the ground to them gaining a level of competency in specific positions. With that being said, every player in a team should play at least half a game.

Equal Game & Playing Time Policy

The Tea Tree Gully Junior Football Club has a strict policy of “Equal Game Time” for all registered players throughout all junior teams.

All selected players will be given suitable game time each week based on the Club’s Selection Policy. This means Coaches must provide a minimum of 3 quarters per game for all players in U7-U13’s and 2 quarters in U14-U17.5’s. This policy also applies to all finals matches, where the maximum number of players or less are selected to play. The only exceptions to this rule include:

- Occasions where a player from another team or age level is filling in to assist with team numbers (especially if they have or will play another game during the day). Preferential playing time should be given to the registered players of the specific team. However, the coach should still endeavour to allow 2 quarters of playing time for the fill in player.
- Where it has been requested by a parent/guardian that the player play less time.
- Where a player is injured during the game.
- Where a player arrives to the game late or must depart early.
- Where a player has been ‘sanctioned’ for an indiscretion or for an undisclosed training absence. However this will be clearly communicated in a timely manner to the player and parent/guardian.

Player Selection Policy

If team lists extend beyond the number of players required to play, some players will be required to be ‘rostered off’ each week during the season. The Junior Football Operations take all steps to avoid this scenario if possible. If this scenario does present, Coaches and Team Managers should give parents and players the opportunity to advise in advance, any times of unavailability to ensure these games missed are counted as games rostered off.

It is expected that all players will be rotated equitably. The coach and/or team manager is required to maintain an accurate record of player selection and dates when players were rostered off. Ideally this roster is to be disseminated to the parent group in advance of the games being played.

Player Fill-In Policy

There are times when, due to illness, injury or absence, a team may need fill in players from other teams. Capacity within the squad must be the first consideration before seeking players from younger grades.

- Lending/borrowing players is about numbers and NOT targeting specific players.
- This MUST be a coach to coach discussion and coaches are NOT to go directly to another team’s player/parent.
- Parent agreement is required AFTER the coaches discussion

- Playing up 2 grades needs approval from parent and a permit from SANFL. Play up permits need to be approved by the Junior Football Operations team prior to submitting to SANFL.
- Lending coach will determine which players are offered to the receiving coach using a fair selection process, including consideration of ability, availability etc
- Receiving coaches will give a minimum ½ a game to players helping out, except in finals where this will be at the discretion of the receiving coach.
- Receiving coach will maximize and prioritise playing time for their team over playing time of fill ins.

Finals Selection Policy

It is generally recognised that finals football is different from the home and away games. The Finals Selection Policy is based on the following principles.

- An opportunity for as many players as is possible to experience finals football.
- An understanding that player selection and playing time for individual players gives the team the best possible opportunity to win with no minimum playing time for finals games.
- Players registered within the specific team are given priority for selection and only unavailability or injury will preclude them from selection.
- Fill in players can be utilised – however priority will be given to any players who may have already filled in for this team throughout the season – particularly if through filling in – they have already ‘qualified’ for finals.
- Permits may be sought through the appropriate Football Manager of that age group and done so in a timely manner and with sufficient supporting evidence to enable its submission.

Juniors Grading Policies

Tea Tree Gully Junior football club have grading policies for both the mixed/boys and girls competitions. Copies of these policies can be found within the Tea Tree Gully Junior Handbook along with an attachment to this coaches handbook. Please read the policy relevant to your team and present any questions or queries to the relevant football manager.

Injury Reporting Policies

In the case of any injury or incident, regardless of how serious, an incident report form is required to be completed by the First Aid Officer or Team Manager. The online form can be found here [TTGDFC Juniors - Incident Report \(jotform.com\)](https://www.ttgdjc.com.au/jotform.com). If the injury is serious, a medical certificate may be required in order to return to training and play.

5. SANFL Juniors Concussion Policy

As communicated to Community Football Clubs, the SA Football Commission has endorsed the updated AFL Community Concussion Guidelines. Therefore, the National Pharmacies SANFL Juniors competition will be adopting the below Guidelines.

- [The Management of Sport-Related Concussion in Australian Football \(March 2024\)](#)
- Key amendments to the previous Policy have been summarised below.
 - The earliest a player can return to play following a concussion is on the **21st day**.
 - The day of concussion is designated day "0".
 - Completion of a graded loading program and obtainment of a medical clearance is required prior to return to play.
 -

This means that a player who is concussed in a match on a Sunday will miss at least two Sunday matches and will only be able to return to play on the third Sunday (i.e. the 21st day after the concussion was sustained) provided they have recovered according to the protocols and have been medically cleared to return to play. In many cases, recovery will be slower than the minimum 21 days.

The AFL Community Concussion Guidelines (along with other supporting resources) are available as part of the **SANFL Juniors Clubs Hub, with a section dedicated to Concussion Management** being implemented to assist clubs and volunteers.

In the early stages of injury, it is often not clear whether you are dealing with a concussion or there is a more severe underlying structural head injury. For this reason, the most important steps in initial management include:

1. Recognising a suspected concussion.
2. Removing the player from the game.
3. Referring the player to a medical doctor for assessment.
4. Where there is no medical doctor present to assess the player, or the diagnosis of concussion cannot be ruled out at the time of injury, the player must **NOT** be allowed to return to play in the same match / training session.
- 5.

Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible. The AFL-approved concussion management app HeadCheck (www.headcheck.com.au) should be utilised to recognise and assist in the management of any suspected concussion for players.

There should be an accredited first aider at every game and the basic rules of first aid should be used when dealing with any player who is unconscious or injured.

These steps include:

1. A brief period of complete physical and cognitive rest (24-48 hours).
2. A period of symptom-limited activity (e.g., reading, walking) to allow full recovery.
3. A graded loading program (with monitoring).
4. Clearance by a medical doctor (prior to returning to competitive contact sport / full contact training sessions).

The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 21st day after the day on which the concussion was suffered.

6. Football Operations Contacts

Junior Football Director – Gavin Turner – M: 0417886519 E: gavandlisa@adam.com.au

Under 11 – 17.5 Boys Football Manager – Michael Turner – M: 0493024329 E:

ttgboysfootballmanager@gmail.com

Under 7 – 10 Mixed Football Manager – Michael Turner – M: 0439093329 E: u7-u10_ttgdffc@outlook.com

Auskick – Craig Stirna – M: 0419037065 E: cadi149@gmail.com

Girls Football Manager – Rachel Brown – M: 0419810556 E: rbauschke@hotmail.com

Coaching Development Officer – Gavin Turner – M: 0417886519 E: gavandlisa@adam.com.au

7. Tackle Your Feelings – Mental Health Awareness

<https://www.tackleyourfeelings.org.au/>



If any coach suspects any junior player is having difficulties with negative mental health please raise your concern discretely with the Tea Tree Gully Junior Football Club Mental Health First Aid Officer – Gavin Turner 0417886519, gavandlisa@adam.com.au

8. Child Safety Officer

Tea Tree Gully Junior Football Club has an accredited Child Safety Officer. If you or any of your players have any concerns with any players safety at the club, at home, at school or within the community you are obliged via mandatory reporting to advise the clubs Child Safety Officer – Gavin Turner – 0417886519, gavandlisa@adam.com.au

9. Tea Tree Gully Football Club Drug and Alcohol Policy

The Tea Tree Gully Football Club have a drug and alcohol policy which can be found in the junior handbook and on the club website. This policy is relevant to all players, coaches, officials, parents and supporters present at games, trainings and the football club itself.

The Junior football club have a trained and certified Drug and Alcohol confidant to who all conversations in regards to drugs and alcohol are strictly confidential. If anyone involved in the club is having difficulties with drugs or alcohol the club confidant is there to assist along with referring to professional services.

Drug and Alcohol confidant – Gavin Turner, 0417886519, gavandlisa@adam.com.au

10. Football Resources

Club Coach Development Officer – Gavin Turner – M: 0417886519, E: gavandlisa@adam.com.au

The Coach Development Officer is available to assist any coach in any grade with training, game day experience, match plan, skill development and any other area. Please make contact with them as above to seek assistance.

SANFL Juniors Website - <https://sanfl.com.au/juniors/resources/>

CoachAFL Website - <https://coach.afl/resources-junior-coaches>

Auskick Website - <https://play.afl/auskick/coordinators/resources>

Coach Assist – <https://coachassist.com.au> (Requires Log-In)

SANFL – Small Sided Games - <https://sanfl.com.au/inside-sanfl/resources/?resource-type=training-resources&resource-audience=coaches>

AFL Coaching Curriculum – <https://coach.afl/junior-coaching>