



Checklist for Junior Team Coaches

The below information has been prepared to help you in your role as a coach to ensure the club develops both the players under your instruction as well as the future of the club. Please take the time to read these points and keep them in mind and please revisit them regularly to ensure you are the best possible coach for the club.

1. RETAIN PLAYERS

You will be issued with a team list showing player names, address and phone numbers. It is your responsibility to make sure we retain all of these players and if possible recruit some more.

The key to retaining players is to get to know them. Show an interest in them and their progress and do anything you can think of to make practice and match sessions exciting and varied. You must know them all individually by name and wherever possible their parents.

ALWAYS follow up and ring players individually if they miss a match – let them know they are an important part of the team and you want them there each week. You MUST CHECK your team sheets each week to monitor attendance.

YOUR RESPONSIBILITY - RETAIN YOUR PLAYERS

2. EQUIPMENT

Keep track of club equipment players may have, ensure you update the club equipment manager. Stress to the players the need to keep their equipment in good condition and not to lose it or have it stolen. Show them how to replace strings and other vital pieces of equipment and inspect their gear regularly. Encourage all players to acquire their own equipment – sticks, gloves and helmets make great birthday presents.

Unless you have a regular and reliable goal-keeper, collect the goalies stick, pad and helmet each week and take it to practices and matches yourself.

YOUR RESPONSIBILITY - Keep track of all club equipment including return at end of season

3. TEAM UNIFORMS

Take pride in having a well-presented team, the players will enjoy this and you will be amazed how this can affect team morale and performance.

YOUR RESPONSIBILITY - Get your team looking good and keep track of club uniforms



4. MATCH REPORT SHEETS

Make sure that a match report sheet is made in DUPLICATE each week. Lodge the original copy with the club canteen as soon as possible after your match. Match sheets not lodged by the club result in sanctions from the association that affect the club's finances.

Always check that stats are correctly recorded in SportingPulse to ensure the calculation of votes and awards for end of season are as accurate as possible. To ensure you have complete records maintain a record using the duplicate copies of each scoresheet.

YOUR RESPONSIBILITY - Hand in match sheets and retain all duplicate copies in your records.

5. TRANSPORT

Transport to away games should be arranged as best as possible to car pool amongst parents. Manage all player's transport logistics to ensure all players reach the ground each week. Players should get into the habit of all meeting at the home ground each week ready to leave for away games no later than 30 - 40 minutes before match starting time.

YOUR RESPONSIBILITY - Ensure a fair roster of transport is made for away games to get all players to the ground

6. PRACTICE SESSION

Ensure you attend the weekly practice sessions for your team, make sure you are punctual and reliable in attendance. If you are unable to attend it is your responsibility to ensure someone can stand in for you.

Make the practice session purposeful - plan it out in advance so that you introduce new skills and keep it busy and varied. A well-run practice each week will soon put your team ahead of the opposition, even if you start with a new team.

Encourage players to throw against a wall or with a friend - you will need to give special individual instruction when you spot faults with technique. The earlier these faults are fixed the better. Encourage your players to come and watch your games and copy off senior players.

YOUR RESPONSIBILITY - Conduct well planned practice sessions



7. MATCHES

Use the 20 minutes or so before each match to warm-up the players and get them ready and organised to play. Involve all team members in some stick work drills and let them know which positions they are playing in during the game, in the time before the match starts.

Involve all team members in the game, avoid the temptation to leave the best players on to make sure you win or gain percentage. Otherwise you will lose players or come to the finals relying on a few players because the others haven't been able to develop.

YOUR RESPONSIBILITY - Develop all players skills and team play / team spirit

8. SKILL DEVELOPMENT

For the best development of players during their time as junior players, we have identified key skills that players are expected to become proficient in during their time in each age grade. The outline of the skills are shown in the attached chart, please take the time to check these skills against your entire player's individually to ensure they are meeting them.

Identify issues any players may be having and that require more assistance and consult with the junior skill development coordinator and the junior coordinator.

YOUR RESPONSIBILITY - Develop all players to meet the minimum skills in each grade

9. END OF SEASON

At the end of each season the club requires you to compile a report for your team to be placed in the annual report. This report forms an integral part of the club's history and provides important information about your team to the rest of the club. It is also part of your responsibility to review statistics of your players and award trophies for the most outstanding player's in your team. So it is best to monitor this as the season progresses to ensure speedy presentation of these.

YOUR RESPONSIBILITY - Write a report on your team and award trophies

10. COACH DEVELOPMENT

The club expects that you develop yourself as a coach and complete the appropriate training courses. We also expect you to attend the coach meetings to provide feedback on a regular basis. These meetings contribute to the development of the club as a whole with the sharing of coaching methods and information about player's development.

YOUR RESPONSIBILITY - Get accredited and attend coach meetings



SKILLS PROFICIENCY COACHING CHART

<u>UNDER 11</u>	<u>UNDER 13</u>	<u>UNDER15</u>
<ol style="list-style-type: none"> 1. Scoop on the run <ol style="list-style-type: none"> a. Strong hand b. Opposite hand c. One hand 2. Scoop to team-mate <ol style="list-style-type: none"> a. To left b. To right 3. Body positioning – between ball and opponent when scooping 4. Throw on run <ol style="list-style-type: none"> a. Strong hand b. Opposite hand c. Pass to stick 5. Catch 2-handed <ol style="list-style-type: none"> a. Strong hand b. Opposite hand c. Over shoulder while running away from ball d. While running across ball from left & right 6. Cradle (running) <ol style="list-style-type: none"> a. Both hands 7. Change hands <ol style="list-style-type: none"> a. Right to left b. Left to right 8. Scan (running) 9. Shoot <ol style="list-style-type: none"> a. Bounce & high 10. Dodge <ol style="list-style-type: none"> a. Speed & face dodge 11. Team talking 12. Respond to TOP 10 prompts 	<p>All of the Under 11 skills plus the following:</p> <ol style="list-style-type: none"> 1. Pass while running <ol style="list-style-type: none"> a. Right hand b. Left hand 2. Cradle (running) one hand 3. Dodge <ol style="list-style-type: none"> a. Roll and split with hand change 4. Give and go 5. Body block and check 6. Face Off <ol style="list-style-type: none"> a. Draw, clamp & flick 7. Midfield position & play at face-off 8. Cutting to receive pass 9. Feeding from behind and side of goal 10. Outside shooting 11. Individual and zone defence 12. Fast break plays 13. Repair/stringing of stick 	<p>All of the Under 11 & Under 13 skills plus the following:</p> <ol style="list-style-type: none"> 1. Poke & Slap check 2. Body check 3. Man-ups 4. Man-downs 5. Team clears 6. Team rides 7. Demonstrate team plays on whiteboard