

# COACHES & MANAGERS INFORMATION 2023



## INTRODUCTION AND WELCOME

Majura Football Club is a community-based football club run mostly by volunteers, that aims to provide a satisfying and rewarding football experience for everyone, no matter what their ability. Majura FC values participation, enjoyment, friendship, respect, community, development. Majura has about 1400 players ranging in age from 4 to 65. Our peak organisation in the ACT is [Capital Football](#) and our national body is the [FA \(Football Australia\)](#).

Thank you for taking on the role of coach and/or Manager at Majura. You play a significant role in the lives of the players you coach and manage. You will teach them a love of football, you will teach them skills that give them confidence, you will teach them about the rewards that come from being in a team. You will be a role model showing them by example that a positive attitude, training hard and playing your best will make you a better and happier person.

## THE ROLE OF A COACH

- **To teach football.** The better your understanding of the techniques and skills of football the better equipped you are to pass these on. Provide every player with development opportunities at training and in the game.
- **Be Positive.** Patience and praise work a lot better than criticism and shouting.
- **Involve everybody.** Always make sure there's enough equipment or kit for all. Create small groups of children rather than one large group. Avoid games where kids must sit out and don't make all your sessions competitive. Give everyone equal game time no matter what their ability.
- **Communicate well.** Let players and parents know about you, your expectations, and your goals for the season. Actions speak louder than words.
- **Be aware.** A grasp of how the body responds to exercise and training and an ability to adopt safe practices and prevent injury are important. So too is confidence building, goal setting, emotional control, concentration skills - coaches work on the mindset as well as the body. Some children take longer than others to learn, so adopt your style accordingly. To keep children motivated it helps to be consistent, set achievable goals and give frequent feedback.
- **Lead by example.** Coaches of children are role models, and this carries responsibility. How you behave, dress and your attitude all set an example. If you adhere to consistent high standards this will rub off and be appreciated by players and parents alike and will lead to you gaining their trust and respect.

## THE ROLE OF A MANAGER

- **To provide the off-field support.** You should assist the coach wherever possible, not on the field but off the field, together you lead the team.
- **Keep an up-to-date list of players with contact details.** The list provided by the club is based on the info provided by the players at registration and is not always complete or up to date. Update the list you have been provided with better information as it becomes available.
- **Communicate well.** Consider using a team app (Team App, Team Stuff, Whats App). Circulate information from the Club or AGC to the team as required. Make sure the team is aware of the draw and any changes to it. Ensure your parents are aware of and follow the code of conduct especially regarding sideline behaviour.
- **Match day administration.** Make sure your team on is on the field ready to for kick-off time. Organise parents to take on lines person if required. Each team from U10 – Seniors, needs a [club vested official](#), so organise a roster so every parent has a turn. Always check the game day notice board to see if your team needs to pack away their goals. All U7 and U9 teams will need

to pack away goals each season. Make sure your team knows when they have their volunteer duty at Majura.

- **Match cards.** Teams from U12 – Seniors need to fill in match cards in Dribl on your device. Download the app
- **Uniform coordination.** Make sure players are wearing Majura uniform on match day. Make sure all playing shirts are returned at the end of the season clean and in complete sets.

## PLAYER, REFEREE AND VOLUNTEER SAFETY/WELFARE

- WWVP registration for all coaches and managers. Cards must be sighted each season and training kits will not be given out unless you present either your card or receipt of application.
- FA codes of conduct and Majura codes of conduct on Majura and Capital Football websites.
- Respect for referees and what to do if there is an incident at Majura or away.
- First Aid and Injuries – clubhouse has ice, first aid supplies, stretcher, and defibrillator.
- Insurance is provided by FA for all clubs. It is very basic cover. Details on the [Capital Football website](#). Make a written record of any injury – email details or record incident and injury and drop it into the clubhouse.

## COACHING COURSES

- MiniRoos Certificate – three hours and free ([check Capital Football coaching courses](#))
- Majura will support financially any coaches undertaking the Skill Training Certificate for 9-13 years, Game Training Certificate for 13-18 years or a Youth/Senior C Class Licence.

## EQUIPMENT AND UNIFORM

- Training Kits – a ball for each player, cones and bibs are provided by the club.
- U10 – U18 Team shirts – a shirt for every player plus a goalkeeper shirt – no GK gloves. This season U10 - U18 players will receive a shirt which they keep.
- U6 – U9 Team Shirts – are given to the team on loan for the season. They are not take home shirts. Please **do not** hand out shirts to players for the season in the miniroos age groups U6 – U9. We try to keep the cost for young players as low as possible and budget on shirts lasting four season. A shirt that needs to be replaced costs \$35. The number and style of shirts in each bag has been recorded on the back of the label. We expect the same number of shirts to be returned at the end of the season.
- Shop opening times for shorts, socks etc.
  - Tuesday 18 April, 5.00-6.30pm
  - Wednesday 19 April, 5.00-6.30pm
  - Thursday 20 April, 5.00-6.30pm pm
  - Every Saturday during the season from 8.30 – end of day

## DUTY ROSTERS

Every team is expected to undertake at least one volunteer duty per season:

- Field set up 7.30am, needs 10 people.
- Canteen, morning, or afternoon shift needs 4 people.
- BBQ, morning, or afternoon shift, needs 6 people
- Clean up, afternoon shift needs 4 people

[Duty rosters](#) will be completed once the junior league draw has been published so we know when teams have home and away games. We roster your team on when they have a home game.

## TRAINING

Don't forget to book a training field if you haven't already. Training fields are in demand. There are two sessions per night so please be aware that you need to adhere to the training field and times you book. Check the noticeboard at the clubhouse if you're not sure of your field.

***Thank you again and we look forward to seeing you throughout the season.***