

S.H.C. Coaching Guidelines:



The club greatly appreciates the time and effort coaches give to further the development of our players. This is a general guideline document for all Somerville club coaches.

General Demeanour

Coaches work at the coal-face and are therefore the face of our club. Please ensure your words and actions are appropriate and reflect the consensus of our club members. Avoid using your mobile phone during sessions, players and parents often view this as distracted or disinterested coaching staff.

Appearance

When provided please wear club apparel. At all other times sensibility prevails, dressing appropriately sends a clear message to players regarding uniforms. Do not dress to be “cool” (cold) during winter months, impress this on the players especially those working with our Youth teams, dressing in multiple layers is advisable.

Time-keeping

Please ensure you are on time to all fixtures (matches/training). If possible be there 10 minutes prior to answer questions from players and parents and to set up equipment. On training day have a pre-planned activity for the group should you ever arrive late (perhaps a small game? without hitting for juniors). On match day you can decide as a team when you will meet before-hand. Factor in ... warm-up, team talk, latecomers. As a guide these are the following minimums

Juniors	30 minutes prior to match time.
Youth	45 minutes prior to match time.
Senior	45 - 60 minutes prior to match time.

Trials

You may be asked to attend pre-season trials as a selector. The club, in seeking trial transparency attempts to avoid parent-selectors who are not accredited coaches. At junior levels this is sometimes unavoidable. If you are asked to fill a selector role we ask you treat all selectorial discussions confidentially.

Training Day

(ask not “how do I make my players train harder” more “how do I make my players want to train harder”).

Consider the total time for practice. Allocate an amount for base skill repetition, new skill learning and set piece rehearsal. Pre -planning your sessions will save you valuable time, be flexible to allow for latecomers or uneven numbers. Having drills that move from 2's to 4's etc will allow younger players to get into groups quickly. For junior players incorporate auto-feedback drills which allows both coach and player to monitor improvement eg push trap test for 60 seconds over 10m or Yardstick test etc.

Organise progression in your drills eg Pushing drills that begin with stationary players and progress in varying degrees of difficulty until players are moving. Move to the next stage when the “majority” have achieved the previous target.

Use a stop watch to put players under pressure of time.

Use the “top of the class” system to make drills competitive, eg the best pushing and trapping pair at this end of the hall or turf.

Age progression should increasingly factor “decision making drills” into each session. Remember to question the players and let them be part of the problem solving.

At training avoid long queues, at most 3 to a queue, any longer and younger players will lose attention. Keep the repetitions high and remember to **COACH** don't just put down cones and ask the players to move around them. Use good role models to demonstrate and try not pick the same players all the time.

Involve the players in the responsibility of the training ground “Clean-Up” this will save you and future coaches many hours.

Debrief the training session and ensure communication channels for match day.

At all levels and above all else the match on Saturday is a reward for the “work” done at training. The more work achieved the greater the rewards.

Cancellation of training should only take place if the surface is unplayable. In extreme temperatures (cold/hot) be mindful of junior players. If in doubt contact the club Coaching Director.

Match Day

(proper planning and preparation prevent poor performance)

Liaise with manager to ensure all equipment is assembled eg (warm-up balls, alternate bibs if required, 1st aid kit, ice, half time sweets, captains arm-band, white board).

Team talks should be age appropriate, time appropriate and reflect what has happened at training, involve/guide the players in decision making.

Introduce yourself to opposition coach/umpires. During the match any form of verbal abuse of umpires or opposition players is not tolerated. If you feel strongly about an on-field incident gather information and pass this on immediately to the Coaching Director or relevant Club Captain. **Do not stand and argue in front of the players or parents.**

Know your rules, where is the coach/substitutes/parents allowed to stand during the match. It is ok to coach but try to ensure your messages are balanced and positive.

Debrief after every match no matter what the result and remember **“Winners analyse – Losers criticize”**. Look for the good in our players, the opposition players and the work-on’s for training.

Assist manager with dug-out clean up ... (whose jacket is this?)

Player Unavailability

On occasion players will be unavailable for matches and training.

Players selected in a “priority team” (Premier 1, 2, Youth A, Gold Grade Junior teams) are expected to attend all matches and training sessions unless incapacitated through illness or injury.

Players not selected in priority teams have still committed to the club for the season and within reason should be attending training and matches on a regular basis. This includes senior lower graded teams who are expected to utilise the training facilities afforded to them by the club.

Be mindful when dealing with absent junior players they are reliant on parent transport and are subjected to more frequent bouts of illness through the winter months.

Protocols for repeated non-attendance should be discussed by each team prior to the season commencement (set the ground rules).

The procedure for replacement of players on match day ...

Priority team players >>> Notify / consult Coaching Director.

Other senior players >>> Notify / consult appropriate Club Captain.

Youth >>> Notify / consult appropriate Club Captain.

Junior >>> Notify / consult appropriate Grade Organiser.

Coach Unavailability

On occasion coaches will not be able to attend matches or training due to ill health or work/family related issues. Priority team coaches must notify the Coaching Director as soon as possible. All other coaches should notify either the Coaching Director or the appropriate Club Captain.

Prize-Giving

End of season prize-giving creeps up very quickly. Try to gather and retain information through-out the season (training attendance log, Junior Skill tests, representative players etc). You will be expected to nominate a Team Player of the Year and a Most Improved Player of the Year. For Priority teams you need to consult with the Coaching Director who will sign-off the final decision. Some senior teams have moved to a Players Player of the Year concept which allows the team members to vote anonymously.

Season Feedback/Gear Collection

You will be expected to return all club equipment (balls, bibs, coaching boards, 1st Aid Kit etc) and may be asked to assist the manager with the collection of club playing shirts and track suits.

The club is interested to know how your season went and what improvements if any can be made for the following year. A lot of issues can be dealt with during the season itself, if you do encounter problems or have suggestions please contact the Coaching Director or appropriate Club Captain.

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