

**GLENMORE PARK
FOOTBALL CLUB**
COACH & MANAGERS
HANDBOOK



Table of Contents

About Us	4
Mini Roos U5-U7	5
Playing Rules	6
Coaches	6
Mod Games U8 to U9	7
Playing Rules	8
Mod U10 to U11 and Competition U12 - O/45	9
Playing Rules	9
CODES OF CONDUCT	10
Smoking & Alcohol Policies.....	11
Saturday.....	11
Sunday	11
GAME DAY	12
AT HOME	12
Away Games	13
Team Sheets.....	14
ID cards.....	15
Marshals	15
Referees.....	15
On Field Punishments.....	16
Team Misconduct.....	16
INJURIES.....	17
WET WEATHER	17
CARE OF EQUIPMENT	17
TRAINING	18
U5-U7.....	18
U8-U16.....	18
Senior Teams	18
COACHING	19
Grass Roots Course.....	19
Skill training Course	19
Game training Certificate.....	19
Senior Licence.....	19
Coaching Courses.....	20



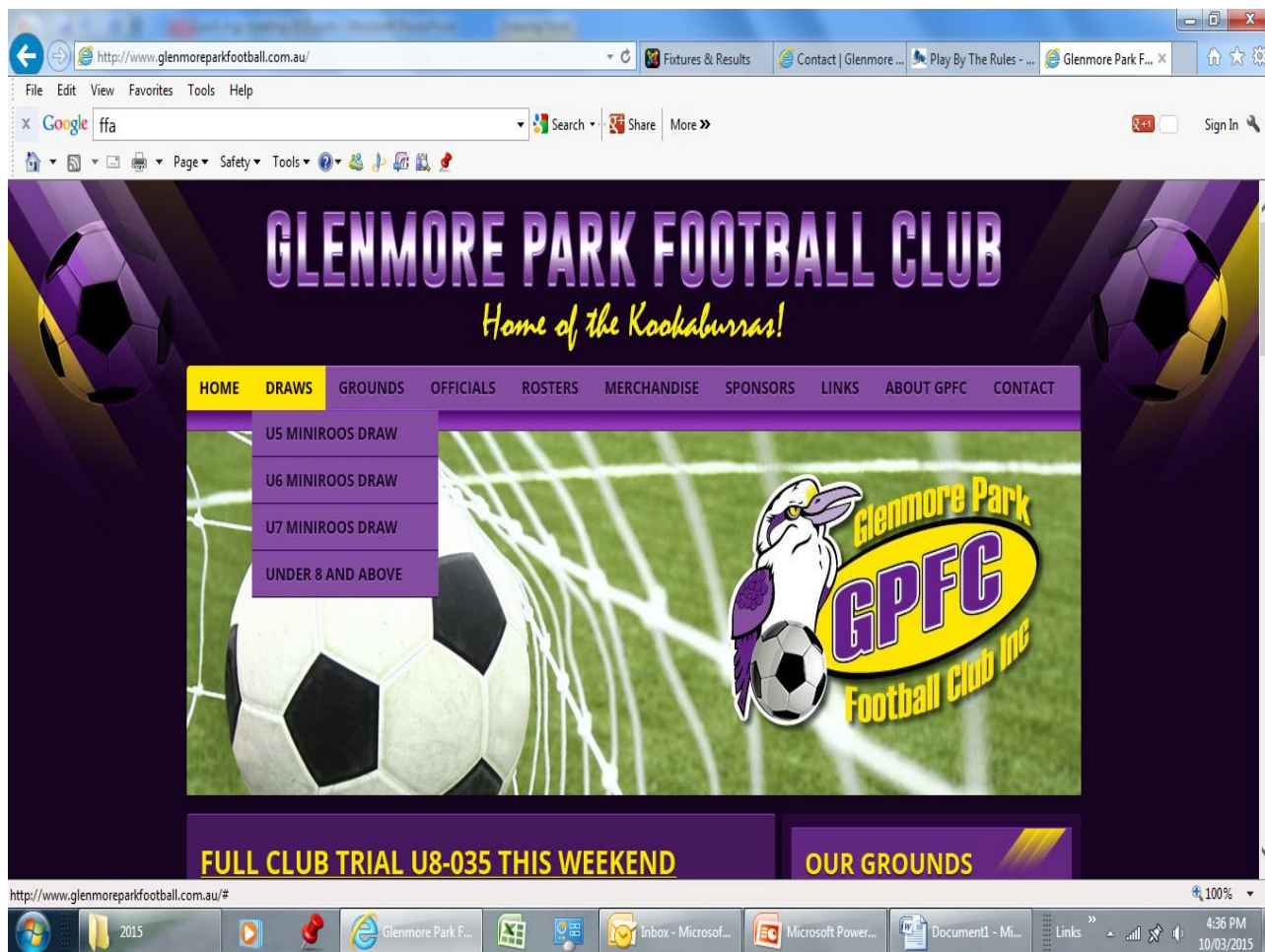
GPFC Rosters	21
Ground Duty	21
Canteen	21
BBQ	22
Fundraising BBQs	23
Glenmore Park Football Club Policy -Training in Goalmouth	24
Glenmore Park Football Club Policy – Playing Shirts	25
Shirt Management - Teams	25
Sponsored Shirts	26
Borrowing of GPFC Shirts to Participate in Non Scheduled Winter Season Competitions	26
Participation in Non Scheduled Winter Season Competitions	26
Use of GPFC Name/Logo	26
Contacts	27
Training Building Blocks	29
The Discovery Phase (U/5-U/9)	30
The Skill Acquisition Phase (U/10-U/13)	30
The Game Training Phase (U/14-U/17)	32
Resources	35

About Us

- Glenmore Park Football Club (GPFC) has over 1400 registered players, coaches and managers.
- It is a member of the Nepean Football Association (NFA) which will have approximately 13,000 members.
- The NFA covers 4 LGA's from Warradale to Glossodia & St Mary's Band Club to Wentworth Falls.

Mini Roos U5-U7

- Will play all their games at Mulgoa Rise, Bradley St, Glenmore Park
- The competition is conducted by GPFC. The draw is found on the website.



The screenshot shows the Glenmore Park Football Club website. The header features the club's name "GLENMORE PARK FOOTBALL CLUB" in large purple letters, with the tagline "Home of the Kookaburras!" below it. A navigation menu includes links for HOME, DRAW, GROUNDS, OFFICIALS, ROSTERS, MERCHANDISE, SPONSORS, LINKS, ABOUT GPFC, and CONTACT. The "DRAW" menu is expanded, showing options for U5 MINIROOS DRAW, U6 MINIROOS DRAW, U7 MINIROOS DRAW, and UNDER 8 AND ABOVE. The main content area displays a soccer ball and the club's logo. A banner at the bottom reads "FULL CLUB TRIAL U8-035 THIS WEEKEND" and "OUR GROUNDS". The browser window shows the URL "http://www.glenmoreparkfootball.com.au/" and the system tray indicates the date is 10/03/2015.

Playing Rules

1. On field players - 4 per team
2. Recommended formation: 0-1-2-1
3. **NO goal keeper**
4. Field Size – 30m x 20m
5. Ball Size – 3
6. Game duration – 2 x 20 minute halves
7. Referee – No. A game leader will be in place at each game to control kick offs, kick-ins etc. Usually a parent or sibling
8. Goal Size – Min: 1.5m x 0.90m - Max: 2.0m x 1.00m.
9. **Coaches are not permitted on the field**

Copy of the rules can be found on GPFC website under the 'officials' tab.

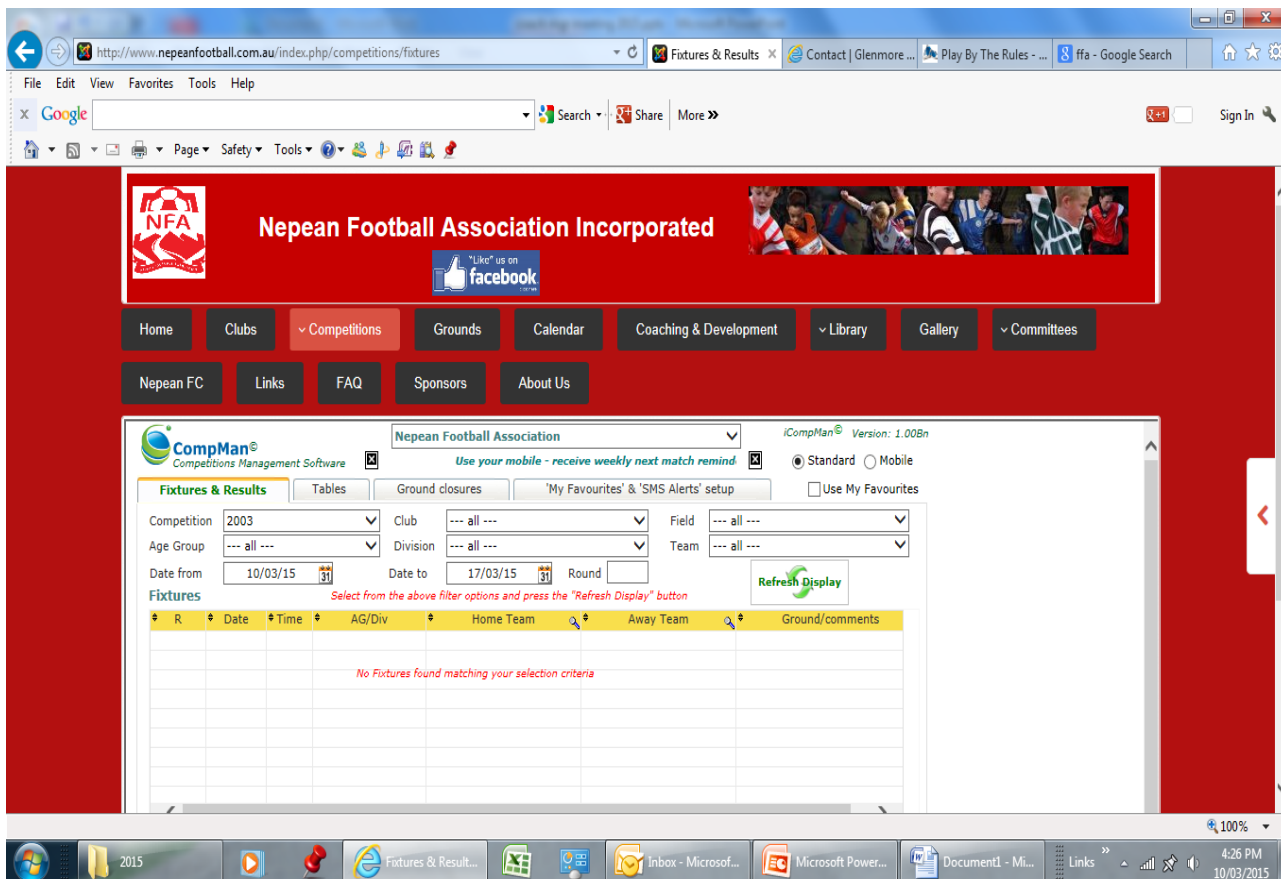
[NFA MINIROOS REGULATIONS 2018.3.](#)

Coaches

- Teams from U5 to U7 who do not have an accredited & registered coach will forfeit all games until such time a suitable coach has registered.

Mod Games U8 to U9

- Will play all their home games at Mulgoa Rise and play against clubs in the Penrith LGA.
- The competition is conducted by NFA and the draw is available from their website.



The screenshot shows the Nepean Football Association Incorporated website. The header includes the NFA logo, a Facebook link, and a navigation menu with options like Home, Clubs, Competitions, Grounds, Calendar, Coaching & Development, Library, Gallery, and Committees. Below the navigation menu, there are links for Nepean FC, Links, FAQ, Sponsors, and About Us.

The main content area is titled "CompMan® Competitions Management Software" and "Nepean Football Association". It features a "Fixtures & Results" section with a table of fixtures. The table has columns for Round (R), Date, Time, AG/Div, Home Team, Away Team, and Ground/comments. The current selection criteria are: Competition: 2003, Age Group: --- all ---, Club: --- all ---, Division: --- all ---, Field: --- all ---, Team: --- all ---, Date from: 10/03/15, Date to: 17/03/15, Round: ---. The table shows "No Fixtures found matching your selection criteria".

The footer of the website shows the Windows taskbar with various open applications and the system clock displaying 4:26 PM on 10/03/2015.

Playing Rules

1. On field players - 7 per team
2. Recommended formation: 1-3-3
3. Goal Keeper - Yes

Field Size 40m-50m x 30m-40m ($\frac{1}{4}$ full sized pitch) Penalty area – 12m x 5m

4. Ball Size – 3
5. Game duration – 2 x 20 minute halves & 5 minute half time break
6. Referee – Instructing Referee
7. Goal Size – 1.8m x 3m. This goal size was introduced in 2010.
8. No coaches permitted on the field during the game, unless invited by Instructing Referee to treat an injured player

[NFA MiniRoos Regulations 2018.3.](#)

Mod U10 to U11 and Competition U12 - O/45

- You will play all your home games at Mulgoa Rise, and will be asked to travel to all corners of the NFA area.
- The competition is conducted by NFA and the draw is available from their website.

Playing Rules

1. On field players - 9 per team
2. Recommended formation: 1-3-2-3
- 3 Goal Keeper – Yes
- 4 Field Size 60m-70m x 40m – 50m (½ full size pitch, generally across the full field if space permits)
5. Penalty area – 12m x 5m
- Ball Size – 4
6. Game duration – 2 x 25 minute halves & 7.5 minute half time break
7. Referee – Instructing Referee
8. Goal Size – 1.8m x 5m.

CODES OF CONDUCT

The following areas are covered by the codes are;

- Sexism
- Age
- Race
- Exclusion
- Child abuse
- Abuse of referees
- Abuse of match officials
- Abuse of ground officials.
- Conduct of spectators

Players, coaches, managers and spectators have no right under the laws of the game to question and argue with the referee.

Under no circumstances are;

- Substitute players
- Coaches
- Managers
- Parents
- Spectators

Allow to enter the field of play without being invited by the referee.

[gpfc codes-of-conduct](#)

Smoking & Alcohol Policies

Saturday

- Nobody is permitted to smoke or consume alcohol at mulgoa rise within the entire reserve.
- When visiting other clubs ask where you are allowed to smoke.
Do not assume where

Sunday

- You cannot smoke anywhere on the ground.
- Alcohol is permitted must be consumed in the marked areas only
 - Northern field - Near the Equipment Building
 - Southern Fields – Near the floodlights at the northern (canteen) end
- No alcohol is to be consumed on the sideline.
- When visiting other grounds make it your business to find out where you can smoke or drink. Ask the ground official.

GAME DAY

AT HOME

- Get there early, impress upon all parents we need to start all games on time. It is frustrating if by the end of a busy day games are running 1 hour behind schedule.
- Make sure all parents have your mobile number and they get use to texting you if they are late or can't make the game
- The first thing you do in the morning is check the website for any late changes to the draw.
- Do not ring a committee member ALWAYS assume the game is on. Even if it is raining in Glenmore Park it could be sunshine at Bligh Park.
- Litter – make sure all your litter is picked up. This is regardless whether you are at home or away visiting another club.
- When given a directive by a ground official please follow it, and understand it is given in the interests of the children playing and general safety of the spectators.
- As coach and manager you should be at the field before your team arrives. At least 30 minute before the game.
- If you are the first game at Mulgoa Rise you will be required to put of the nets and corner posts, allow time.

- If you are the last game of the day you must pack all of the equipment away.
- U11 and above Pick up the team sheet and commence filling it out.
- All players will be listed on the sheet
- If you are playing an upgrade, make sure you fill in the team they came from. Only three upgrades. 5 upgrades for O35.
- You can't upgrade from the girls competition to mixed.
- Ensure the coach, manager and marshal has printed their name and signed the sheet.

Away Games

- Get to the ground early
- Go to the hosts canteen and ask for the team sheet or the hosts team manager.

SAMPLE TEAMSHEET 2017

[illegible]

- Only Black or Blue Ink
- No Felt Pens or Pencils
- U12 may be electronic

ID cards

- You must perform the ID check regardless whether you are managing the U12's or O35's.
- No cards DO NOT play...not even a friendly. You can't be sure of who is taking the field.
- If your team is asked to appear before the NFA they will always ask if an ID check was performed. This supports your credibility at the hearing.
- ID card and team sheet regulations – all managers should be aware of these:
- http://www.nepeanfootball.com.au/images/NFA_Identification_and_Team_Sheet_Regulations_2018.pdf

Marshals

- The marshal MUST be over 18yo.
 - Responsible for managing behaviour of your teams spectators
- [NFA Ground Officials Marshals Duties Summary](#)

Referees

- Check to see if a referee has been appointed. Last year NRG had a cover report available to clubs and believe this practice will continue.
- If none appointed the following hierarchy applies;
 - NRG ref who is willing to officiate
 - club referee (ask for their credentials)
 - away team candidate
 - home team candidate
 - If you are a suspended player you can not referee a game.

On Field Punishments

- New regulations allow for five cautions before a 1 game suspension is applied. This must be served the following week, we don't wait for 'stand down notices'.
- Additional two cards and the player serves a two game suspension.
- Two yellow cards in one game is still a send off offence resulting in a one game suspension.
- If you are sent off by an official or unofficial ref you must leave the ground immediately, and take no further part in the game.
- This must be reported to the club secretary on the same day, and all details must be communicated.

Team Misconduct

- five (5) Players are given Yellow Cards or Red Cards during one (1) Match;
- three (3) Players are given Red Cards during one (1) Match;
- one or more together make threats or show force against a Match Official; or
- Players and/or Participants engage in violent conduct.
- You must ring and inform the Club Secretary, President or Vice President on the day, NOBODY ELSE. Whether you caused the game to be abandoned or not.
- The club must inform the NFA on the day or fines will apply.

INJURIES

GPFC has the safety of players as its highest priority at all times.

- If there is a serious injury do not move the player
- Assess the surroundings and ensure all other players are ok.
- If the injury player requires an ambulance call one immediately. It will be up to the injured player if they wish to except a ride to hospital

WET WEATHER

- **Do not ring a committee member, assume the game is on.**
- The competition secretary, president, vice president or club secretary will advise the coach or manager.
- Refer to Nepean's Website for Cancelled/rescheduled Games
- Games may not be cancelled just moved
- If you are contacted by another club advising game postponed ensure you get the name of the person ringing you and advise GPFC

CARE OF EQUIPMENT

- Shirts remain the property of the club, unless you have secured a sponsorship for your team.
- The shirt is to be worn only at the match.
- Shirts should be collected at the end of the match and a roster system put in place to share around the washing.
- In the case of girls and those who may have a reaction to some washing powders, consideration should be made

TRAINING

U5-U7

- Group sessions will be held at Mulgoa Rise on Wed/Thurs/Fri between 5.30pm and 6.30pm
- The GPFC Coach Committee will provide initial support to coaches but it is expected they will manage the sessions during the course of the season
- If unable to train during the week, come early to the game and train the squad in a skill. This will allow the players to apply the new skill to a game situation immediately.

U8-U16

- Training at Mulgoa Rise between the hours of 5.30pm to 7.30pm. – Monday to Friday
- Training at Blue Hills between the hours of 5.30pm and 7.30pm. – Tuesday to Thursday

Senior Teams

- Training at Mulgoa Rise between the hours of 7.30pm to 9.30pm. – Monday to Friday
- Training at Blue Hills between the hours of 7.30pm and 9.30pm. – Tuesday to Thursdays



COACHING

Grass Roots Course

- For U5 to U8
- Free and is 3 hours in duration

Skill training Course

- For U8 to U13
- Cost between \$90 and \$110

Game training Certificate

- For U13 to U17
- Cost between \$90 and \$110

Senior Licence

- For U18+
- Cost between \$90 and \$110





Coaching Courses

- GPFC committee encourage you to attend the 'grassroots coaching course'.
- Links to Local Courses are found on the 'NFA website.

NFA community-coaching-courses-for-2019-season

- Courses can also be located in PlayFootball

<https://www.playfootball.com.au/coach/find-a-course>



GPFC Rosters

GPFC asks every team to volunteer for a maximum of two half days per season. This may be on either a Saturday or Sunday. The team will be asked to assist in one of the following activities

Ground Duty

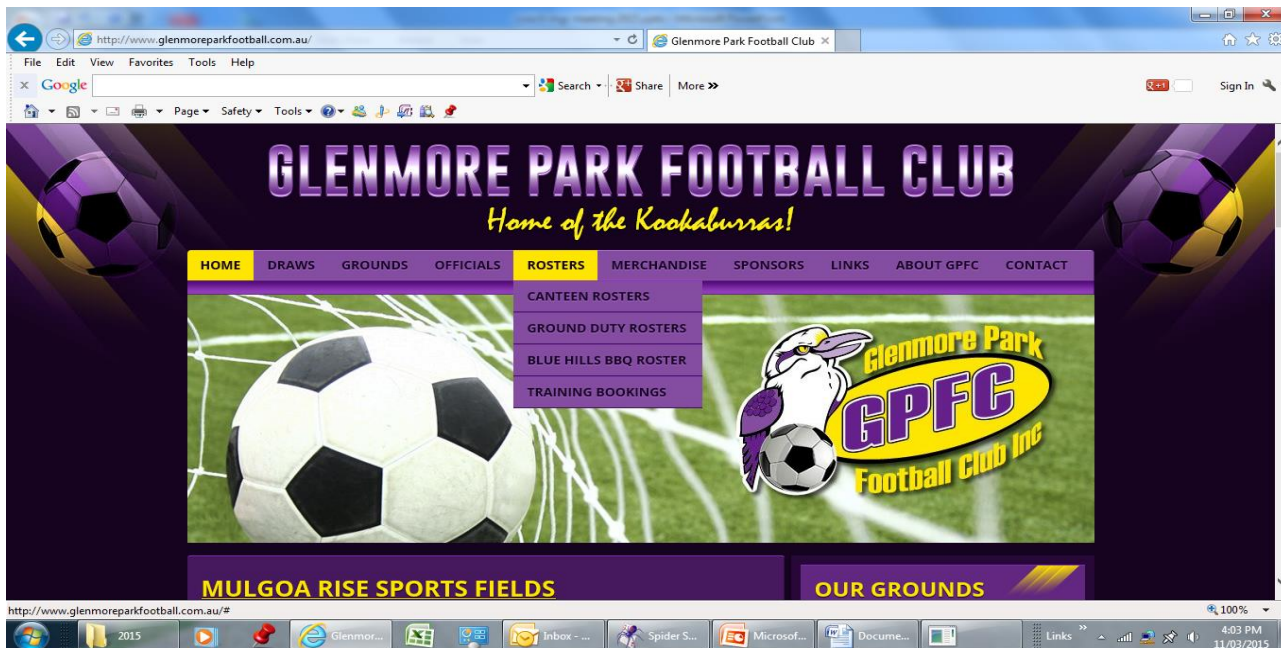
- This roster is to identify teams that will be used to assist committee members manage activities on weekends. Teams will be rostered on alternative days to they play. For example a Sunday team will be rostered on Saturdays.
- The rostered team will be expected to provide 2 persons per shift. The length of the shift can be determined by the team manager but should be no less than 1 hour.
- A Roster coordinator will be assigned from the committee to coordinate the teams and ensure they meet their volunteer commitments.

Canteen

- The Roster Coordinator will establish the canteen roster at the start of the season. Teams from the U/5 to U/7 age groups will be rostered on Saturday with 2 teams sharing the duty each day due to the size of the teams and available volunteers. The Sunday Canteen Roster will be filled with competition teams from Saturday (u11 to u/16 Boys) who will also be responsible for the BBQ due to the smaller number of games. It is expected 2 adults will fill each shift. The Team Manager will determine shift length

BBQ

- The Roster Coordinator will establish the BBQ roster at the start of the season. Sunday Teams and Mod Teams from Saturday will be rostered.
- The Sunday `BBQ Roster will be offered to teams as a fundraising opportunity. Refer to the website for the policy and procedure for Sunday BBQ's



- Rosters will be posted on the web
- If you split the work load between all parents you may only work for an hour or two.
- Penalties may apply to teams who do not fulfil their roster

Fundraising BBQs

In 2019, GPFC will be offering teams who wish to undertake fundraising the ability to use the BBQ facilities on Sundays.

Requests need to come through the GPFC committee and must include:

- The team, age, team/division
- The reason for the fundraising
- Preferred date
- Coach or Manager contact details

The policy regarding this is located on our website under About GPFC, By-Laws & Policies.

Please read through the policy prior to emailing gpfcfundraising@gmail.com to book a Sunday in.

Glenmore Park Football Club Policy -Training in Goalmouth

This policy is in place to enforce no training between the 6 yard and goal lines of Fields 1, 2 & 3 of Mulgoa Rise for the purpose of maintaining the condition of the goalmouth area.

Training should be conducted only between the six yard box and the half way line

This policy applies to all teams at all times during both scheduled and non scheduled training sessions.

The Goal Mouth Policy will run for the GPFC Winter Hire period as advised by the GPFC Committee and is subject to review by the committee.

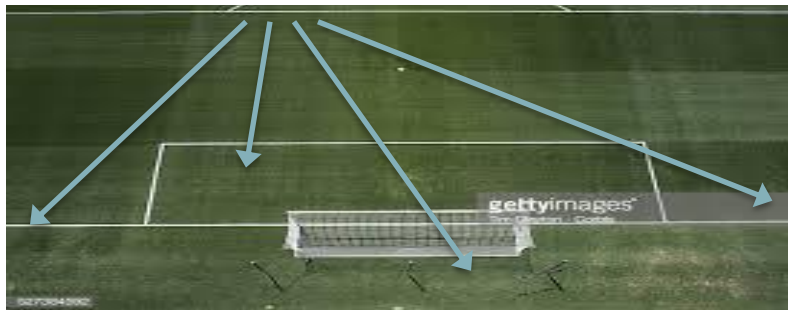
It is the decision of the GPFC Committee to impose the following penalties on teams seen to be training in the goalmouth

1st Offence – Written Warning

2nd Offence – 2 week training ban (Failure to comply with the ban will result in a further Offence being recorded against the team

3rd Offence – Team banned from training until the end of season.

This policy also covers player warm ups/kick a rounds prior to the commencement of training
For the purpose of this document training between the 6 yard and goal line is out of bounds.



Glenmore Park Football Club Policy – Playing Shirts

The purpose of this policy is to alleviate any misrepresentation of Glenmore Park Football Club (GPFC). It is also the purpose of this policy to maintain the quality of the GPFC playing shirt(s) and to alleviate the loss of any playing shirt(s) to GPFC.

For the purpose of this policy the term "playing shirt" is defined as the shirt that is supplied by GPFC and worn by any player registered with GPFC during any scheduled game by Nepean Football Association (NFA), Football NSW (FNSW) or GPFC.

The wearing of any playing shirt by any registered player of GPFC outside the location of their scheduled game(s) is strictly prohibited. Whilst wearing any GPFC playing shirt you are a representative of GPFC. No registered player is authorised to represent GPFC outside the location of their scheduled game(s).

Shirt Management - Teams

At the completion of each match the playing shirts are to be returned to the kit bag and the Team Manager is responsible to ensure this requirement is followed. The Team Manager shall be responsible for ensuring someone is allocated each week to wash and care for the shirts.

How this is managed is left to the Team Manager to determine, a team roster is the clubs recommended method. It is also recommended that the playing shirts are returned to the Manager at training to ensure shirts are available for the next match.

Due to a lack of facilities for female footballers GPFC will permit female players to wear their shirts to and from games and be responsible for the management of their shirt during the season returning it to the manager at the end of season. Normal penalties will apply to players who do not return shirts or return shirts that have been damaged outside the course of normal football wear and tear.

Playing shirts are not to be worn for training purposes.

It is the responsibilities of all at GPFC to maintain the quality of the playing shirts. The proper procedure for laundering the GPFC playing shirts is to only wash the playing shirts in cold water. Under no circumstances are the playing shirts to be tumble dried. At the conclusion of the season teams are to launder their playing shirts using this procedure, in addition the shirts should be washed using fabric softener to maintain freshness during storage over the warmer months.

GPFC acknowledges that some players may have allergies to certain products and may need to launder their own shirt.

At the conclusion of the Winter Football season the teams Coach or Manager is to return the playing shirts neatly folded in the bag that they were issued in at the beginning of the season to the GPFC Equipment Officer.

Players failing to return their shirt at the end of the Winter Season will be required to reimburse \$50 to GPFC. Failure to reimburse GPFC for non returned shirts will result in individuals and/or teams being

stood down from the following season by the club and/or placed on the unfinancial register with the NFA and FNSW.

Sponsored Shirts

Sponsored shirts remain the property of GPFC for the period of the sponsorship (e.g. 3 years). It is the responsibility of the team manager to liaise with the Equipment Officer to verify as to whether the sponsorship has ended or is ongoing. Once a sponsorship has ended the playing shirts will be returned to the team for their use and are no longer considered GPFC property

Borrowing of GPFC Shirts to Participate in Non Scheduled Winter Season Competitions

Should any individual or team wish to loan a set of GPFC playing shirts for any Football competition outside the scheduled Winter season must first seek written approval from the GPFC Committee. The loan of a set of GPFC playing shirts is under the condition that the person who the shirts are issued to is a current registered member of GPFC. Playing shirts will only be issued in a full set, individual playing shirts or half sets will not be issued.

Non compliance to the policy will require teams to reimburse \$50 to GPFC for each playing shirt not returned to the club. Failure to reimburse GPFC for non returned shirts will result in individuals and/or teams being stood down from games by the club and/or placed on the unfinancial register.

Participation in Non Scheduled Winter Season Competitions

Teams representing GPFC in both scheduled and non scheduled winter competitions must wear only the GPFC approved playing strip unless previous written permission has been sought with and approved by the GPFC Committee. This includes and is not limited to team photos and opening ceremonies. Failure to comply with this policy may result in the team being banned from representing GPFC in both scheduled and non scheduled tournaments, being stood down from games during the current or following NFA winter competitions

Use of GPFC Name/Logo

The GPFC name and logo remains the property of Glenmore Park Football Club. Teams or individuals wishing to use the name or logo of the club must first seek written approval from the GPFC Committee. Anybody or team using the GPFC name or logo without the club's permission will face disciplinary action from the club.

Contacts

GENERAL ENQUIRIES:

If you have a general enquiry please email the club Secretary via
gpfc.secretary@gmail.com

REGISTRATIONS:

gpfcregistrar@gmail.com

COMPETITION:

For any matters related to Junior (12-17) and Senior competitions
john.liepa@glenmoreparkfootball.com.au

COACHING:

gpfccoachingcommittee@gmail.com

MERCHANDISE:

gpfcmerch@gmail.com

FEMALE FOOTBALL:

gpfcffdc@gmail.com

FUND RAISING:

gpfcfundraising@gmail.com

For any matters requiring the attention of the President or Executive Committee please email

graham.moore@glenmoreparkfootball.com.au

Coaches Roles and Responsibilities

- Plan, organise and execute on-field activities during training sessions and matches;
- liaise with the Manager to ensure that all relevant information is communicated to parents;
- liaise with the club coordinators and other coaches regarding team operations, training ^[L]_[SEP] techniques and ideas;
- be aware of all issues relating to children's welfare during training sessions and matches;
- create a progressive environment that promotes fun and participation in the exercise of ^[L]_[SEP] sport;
- adhere to Glenmore Park policies;
- lead by example; be timely, supportive and enthusiastic. ^[L]_[SEP] Coaches Responsibilities.
- Attend the preseason Coaches & Managers meeting;
- keep informed of any changes including guidelines, playing rules, and responsibilities;
- keep players and parents informed of all club events, including canteen and park duties that ^[L]_[SEP] occur throughout the season;
- discuss practice times and location, your expectations, and methods for ongoing ^[L]_[SEP] communication with parents / guardians;
- ensure playing strips and club issued training equipment is properly maintained and ^[L]_[SEP] promptly returned at the end of the season;

- ensure you are contactable to all parents / guardians throughout the season;
- relay any changes to game times, location and/or practice times or locations that may occur throughout the season to parents / guardians;
- ensure only fully registered Glenmore Park players practice or play in a game;
- know and comply with the rules of the game for your specific age group;
- display and encourage good sportsmanship with your players and parents;
- be courteous and respectful to both official and unofficial referees at all times.

Training Building Blocks



The Discovery Phase (U/5-U/9)

Regarding the first Building Block, the points made earlier concerning the development of excellence don't really apply yet and fortunately things are still quite simple.

What are the characteristics of children in this age bracket?

- They are still 'clumsy' (lack fine motor skills), because they are still developing their coordination
- They have a short span of attention and are quickly and easily distracted
- They are 'self-centred' and not yet able to really work together (so do not ask them to ^[L]_[SEP]perform team play, it is impossible for them!)
- They play or participate for fun with short bursts of energy and enthusiasm
- They are unable to handle a lot of information (instructions; feedback) ^[L]_[SEP]What does this mean for training sessions with children this age? ^[L]_[SEP]**Just let them play a lot of varied fun football related games!**

The Skill Acquisition Phase (U/10-U/13)

The characteristics of children this age are:

- They are highly motivated and enthusiastic
- They are competitive, like challenges and want to show they're the best
- They are well balanced and coordinated

- They are very adaptive to learning motor skills
- Although still self-centred, they start to learn how to work together
- They are sensitive to criticism and failure (praise is important)
- They are physically and mentally ready for a more structured

approach to training ^[L]_[SEP] The 4 Core Skills: ^[L]_[SEP] The FFA Skill Acquisition training program focuses upon developing four core skills when in possession of the ball.

1. Striking the ball ^[L]_[SEP] This includes all forms of striking the ball such as short/long passing; shooting and crossing
2. First touch ^[L]_[SEP] Controlling the ball with all allowed body parts
3. 1v1 ^[L]_[SEP] All moves, feints and accelerations to get past and away from an opponent
4. Running with the ball ^[L]_[SEP] At speed (with a lot of space) or 'dribbling' (in tight areas), this includes techniques for protecting the ball and changing direction.

These four core skills cover 95% of the actions of any outfield player when in possession of the ball during a game of football. The other 5% consists of actions such as heading and throw-ins.

1 v 1 Coaching Tips	
ATTACKER	DEFENDER
"Go at the defender with speed"	"Show the attacker one way/force them away from goal"
"Use a feint to put the defender off balance"	"Bend your knees and stand on your toes so you're able to change direction quickly"
"Threaten to go to one side then suddenly attack the other"	"The best moment to commit is when the attacker takes a heavy touch or slows down"

The Game Training Phase (U/14-U/17)

The most important aspect of this age bracket is the fact that these players are in (or entering into) the puberty phase which is a phase of radical mental and physical changes.

The main mental characteristics of the puberty phase are:

- Sudden mood changes
- Resistance against authority
- Impulsiveness (first acting then thinking)
- Accelerated intellectual development
- Identity search which leads to a desire to be part of a group

Preparing players for senior football by teaching them to apply the functional game skills in a team setting using 1-4-3-3 as the preferred formation. Developing tactical awareness, perception and decision-making through a game-related approach to training. The Performance Phase (17 years and older) The Performance Phase starts when the puberty phase has ended and the growth spurt has come to a standstill. Generally this happens around the age of 16, but differs from individual to individual. Girls generally reach this point earlier than boys. Girls and boys diverge in their

physical abilities as they enter puberty and move through adolescence. Higher levels of the hormone Testosterone allow boys to add muscle and even without much effort on their part, get stronger. In turn, they become less flexible. [SEP] Girls, as their levels of the hormone Estrogen increase, tend to add fat rather than muscle. They must train rigorously to get significantly stronger. Estrogen also makes girls' ligaments lax which makes them more flexible than boys but also more prone to certain injuries such as ACL (Anterior Cruciate Ligament) rupture.

- Core Stability strength training is therefore an important training element in the Performance phase, especially for girls. However, it's unnecessary to do that in a gym since Core Stability programs can perfectly be done on the pitch as part of the warm-up. This way we avoid losing valuable football training time.

- At this stage of development, the young adults are ready for high performance training. Coordination is back, the mental balance has been restored and the energy systems of the body are now effectively 'trainable'.

[SEP] Continued page 12.

- This is the moment that football-specific conditioning can start. At an earlier age so-called conditioning' is mostly pointless and generally a waste of time (or even dangerous if conducted inexpertly).

This is also the moment that winning really starts to matter. That's why the purpose of the Performance Phase is:

- Learning how to perform/win as a team;
- So in the Performance Phase, the coach is very much focused on getting results; and

- Training, therefore, is centred on fixing specific problems with the team's tactical ^[SEP]performance.

Resources

(click on the address or cut and paste it into your browser)

<http://www.glenmoreparkfootball.com.au/about-gpfc/documents/>

<http://www.glenmoreparkfootball.com.au/about-gpfc/policy-papers/>

<http://www.glenmoreparkfootball.com.au/about-gpfc/codes-of-conduct/>

<http://www.nepeanfootball.com.au/>

<http://www.nepeanfootball.com.au/index.php/coaching-a-development>

<https://footballnsw.com.au/coaches/>

<https://www.playfootball.com.au/miniroos/resources>

<https://www.myfootball.com.au>

<http://www.playingtimecalculator.com>