



COACH & MANAGERS
MEETING 2021
U5 - U11

GPFC COACHES & MANAGERS MEETING 2021

• U5 – U7 TRAINING

- Training at Mulgoa Rise commences 5th April
- NO GAME SHIRTS TO BE WORN OTHER THAN GAME DAYS
- Mini roos coaching course (coaches need to be accredited)
- Do not train in areas of high wear & tear (weekend goal areas)
- Training bookings
<https://www.glenmoreparkfootball.com.au/rosters/training-bookings/>
- coaching.committee@glenmoreparkfootball.com.au
- Training ideas
- <https://nepeanfootball.com.au/coaching/>
- <https://www.playfootball.com.au/coach/resources>
- <https://www.playfootball.com.au/miniroos/resources/skill-challenges>

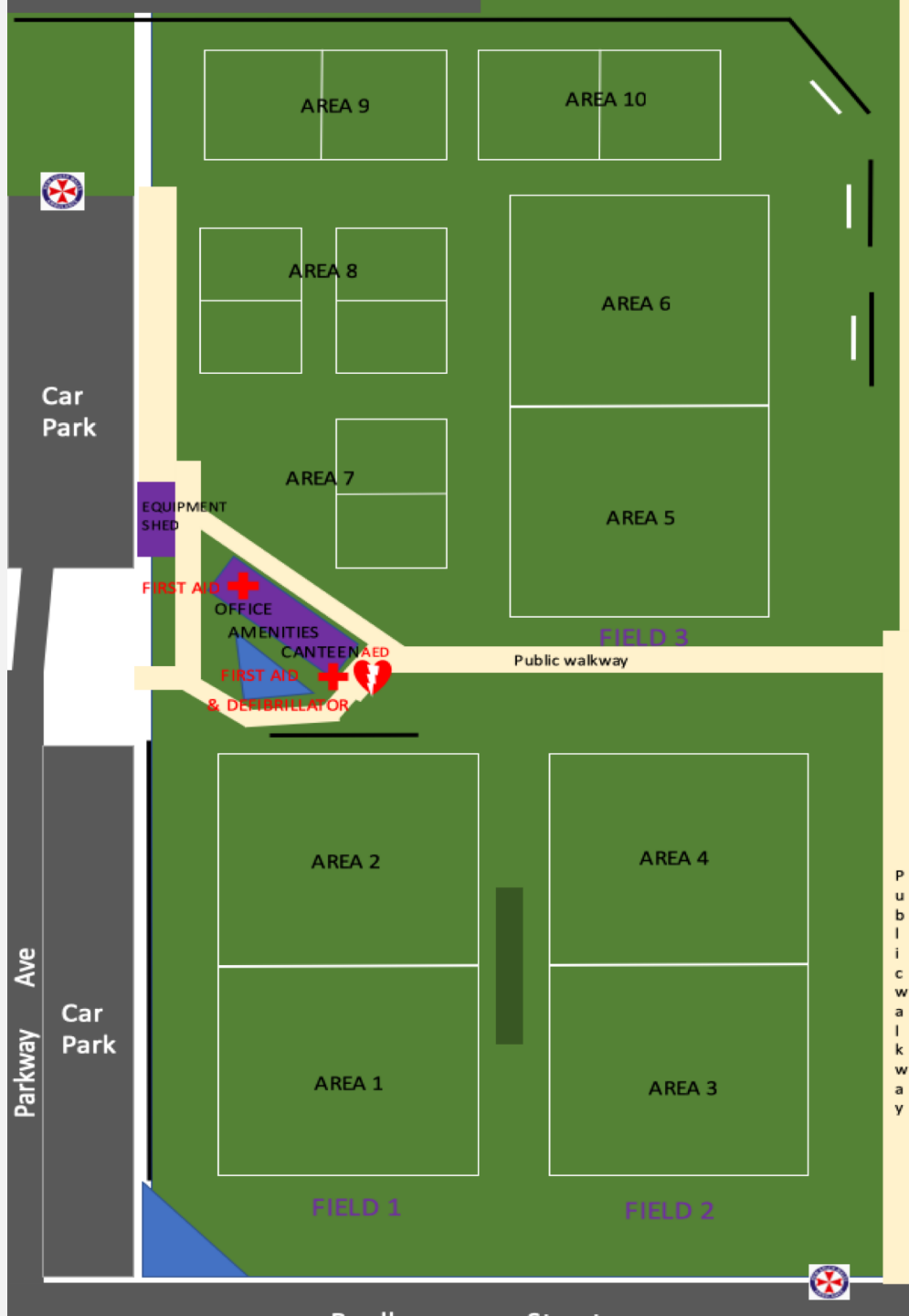
• U8 – U10 TRAINING

- Training at Blue Hills commences 5th April
- NO GAME SHIRTS TO BE WORN OTHER THAN GAMES DAYS
- Mini roos coaching course (coaches need to be accredited)
- Do not train in areas of high wear & tear (weekend goal areas)
- Separate GK training available (GPFC Coaching Committee)
- Training bookings
<https://www.glenmoreparkfootball.com.au/rosters/training-bookings/>
- coaching.committee@glenmoreparkfootball.com.au
- Training ideas
- <https://nepeanfootball.com.au/coaching/>
- <https://www.playfootball.com.au/coach/resources>
- <https://www.playfootball.com.au/miniroos/resources/skill-challenges>

GPFC COACHES & MANAGERS MEETING 2021

- **UII TRAINING**

- Training at Mulgoa Rise 5:30pm -7:30pm
- NO GAME SHIRTS TO BE WORN OTHER THAN GAME DAYS
- Mini roos coaching course (coaches need to be accredited)
- Do not train in goal mouths
- Training bookings
<https://www.glenmoreparkfootball.com.au/rosters/training-bookings/>
- Training ideas
- <https://nepeanfootball.com.au/coaching/>
- <https://www.playfootball.com.au/coach/resources>
- <https://www.playfootball.com.au/miniroos/resources/skill-challenges>



GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO TRAINING GUIDELINES**
- <https://footballnsw.com.au/wp-content/uploads/2020/06/Return-to-Training-Guidelines-FNSW-v2.pdf>
- Maintain distancing of 1.5m when in groups
- Have players come ready to train
- Get in get out
- Observe GPFC training times
- Sign in with QR code

GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO TRAINING GUIDELINES LEVEL B (cont-d)**
- Only essential persons to attend training
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practicing of heading by picking up the ball and throwing should be discouraged.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.
- Players must not arrive more than 15 minutes prior to training commencing, and if arriving by car, remain in the car until 5 minutes before training to avoid gatherings.
- Players are to come already prepared to train – changing rooms will not be in use.
- Players are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
- Players are to leave the venue immediately once their training session has concluded.

GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO TRAINING GUIDELINES LEVEL B (cont-d)**
- Before participating in football activities participants should not attend training if in the past 14 days they have:
- **PRIOR TO ATTENDING TRAINING** been unwell or had any flu-like symptoms, or been in contact with a known or suspected case of COVID-19, or any sudden loss of smell or loss of taste, or are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
- Check the NSW Government website link advice regarding the full list of symptoms associated with COVID-19 infection:
<https://www.nsw.gov.au/covid-19/symptoms-and-testing>

GPFC COACHES & MANAGERS MEETING 2021



RETURN TO TRAINING - RECORD OF ATTENDANCE

All trainings must be conducted in accordance with the Football NSW Return to Training Guidelines - Level 1

Name of Club: _____ Team/Age Group: _____

Week commencing date: _____ Completed by: _____

ALL PERSONS ATTENDING MUST BE RECORDED (INCLUDES COACH, PLAYERS, PARENTS, CARERS, OFFICIALS, SPECTATORS, VOLUNTEERS)

	NAME		FFA #	COVIDSAFE APP?	ARRIVAL TIME	DEPARTURE TIME
	First	Surname				
1						
2						
3						
4						
5						
6						
7						
8						
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10						
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12						
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To further aid the fight against COVID-19, Football NSW supports the Australian Government's COVIDSafe app and strongly encourages all members of the football community to get behind this initiative.
The app can be downloaded from the Apple App store and Google Play.



Please check in before entering our premises.

We're helping keep our community COVID safe by recording contact details.



It's easy to check in:

- 1 Scan the QR code with your smartphone camera or QR code reader.
- 2 Follow the prompts on the Service NSW app or on the Service NSW webform.
- 3 Show a staff member that you've signed in.

We respect your privacy

When you scan the QR code, the only personal information sent to Service NSW is your Customer ID, the location of the business you are visiting, time and the date of your visit. The business will not see or collect this information and it will only be used for contact tracing. We only keep this information for 28 days unless required for contact tracing related to a COVID-19 hotspot. Please refer to the collection notice in the app for more information.

This QR code is for Glenmore Park Football Club, located at Parkway Avenue, Glenmore Park NSW.



GPFC COACHES & MANAGERS MEETING 2021

- **GOAL KEEPER TRAINING**

- Hosted by GPFC Goalkeeping coach Jarrod Bone
- Jarrod is an FFA Level I Goalkeeping license accredited coach
- Jarrod plays in GPFC O35/I as goalkeeper and has represented professional teams in Australia.
- Sessions are free of charge provided by the club for GPFC GK's & generally run on Tuesday & Thursday nights at Mulgoa rise in area I from:
 - U8 – U14 5:30pm – 6:30pm
 - U15 – Senior 6:30pm – 7:30 pm
 - Email coaching.committee@glenmoreparkfootball.com.au for further details

GPFC COACHES & MANAGERS MEETING 2021

• U5 – U7 GAME DAY

- Play at Mulgoa Rise Saturday mornings
- Mini fields 1,2 & 3 (see Mulgoa rise map)
- Draw on GPFC website
<https://www.glenmoreparkfootball.com.au/draws/u5-draw/>
- Game Leader (can be coach, parent or sibling)
- 4 v 4 Format NO GOALKEEPERS (encourage players not to stand in front of goals)
- 2 x 20 minute halves with 5 minute break
- No offside
- Coaches are NOT permitted on the field in any football game, unless invited by the referee. This includes MiniRoos. A coach may be the game leader, but please note that there is only 1 game leader per game.
- Mini roos Rules <https://nepeanfootball.com.au/wp-content/uploads/2019/06/NFA-MiniRoos-Regulations-2019.pdf>

• U8 – U9 GAME DAY

- Play in Penrith LGA (U8-U9)
- HOME GAMES MODS Fields 3 & 4 (see Mulgoa rise map)
- Draw on NFA website
- http://www.icompman.com.au/idata_public?pl=4
- 7 v 7 format with Goal Keepers
- 2 x 20 minute halves with 5 minute break
- No offside (encourage players not to constantly stand in an offside position)
- GPFC provide cadet referees for all U8 – U11 home games
- Coaches are NOT permitted on the field in any football game, unless invited by the referee. This includes MiniRoos.
- Mini roos Rules <https://nepeanfootball.com.au/wp-content/uploads/2019/06/NFA-MiniRoos-Regulations-2019.pdf>

Deerubbin Drive

MOD 3

MOD 4

Warm up area



MINI 2

MINI 3

(MOD 2)

FIELD 3

Warm up area

Car Park

EQUIPMENT SHED

Warm up area

MINI 1

(MOD 1)

PUBLIC ENTRANCE

FIRST AID

OFFICE
AMENITIES
CANTEN AED

FIRST AID

& DEBRILATOR

Public walkway

Warm up area

FIELD 1

FIELD 2

Warm up area

Warm up area

P u b l i c w a l k w a y

Parkway Ave

Car Park

Bradley

Street



GPFC COACHES & MANAGERS MEETING 2021

- **U10 - U11 GAME DAY**

- Play in Penrith LGA
- HOME GAMES MODS Fields 1 & 2 located on field 3 (see Mulgoa rise map)
- Draw on NFA website
- http://www.icompman.com.au/idata_public?pl=4
- 9 v 9 format with Goal Keepers
- 2 x 25 minute halves with 5 minute break
- No offside (encourage players not to constantly stand in an offside position)
- GPFC provide cadet referees for all U8 – U11 home games
- Coaches are NOT permitted on the field in any football game, unless invited by the referee.
- When playing away, go to the hosts canteen and ask for the team sheet or the hosts team manager. (U11)
- U11 - Game times & venues may change mid season due to NFA alterations with divisions. Be aware & check draw on Friday nights!
- Mini roos Rules <https://nepeanfootball.com.au/wp-content/uploads/2019/06/NFA-MiniRoos-Regulations-2019.pdf>

GPFC COACHES & MANAGERS MEETING 2021

- **INJURIES (during covid)**
- <https://nepeanfootball.com.au/wp-content/uploads/2020/05/Responding-to-Football-Injuries-during-Covid-19.pdf>
- Where possible, wear disposable gloves. If gloves are not available, make sure you wash your hands with soap and water or an alcohol-based hand rub for at least 20 seconds prior to and after attending to the player.
- If necessary, provide the player with a disposable water bottle or their own water bottle.
- Make sure you, the player and the people around you follow good respiratory hygiene. As difficult as it may be, try to calm the player down by having them breath slowly and deeply.
- Avoid unnecessary touching of the player. In some minor injuries, it may be possible to treat the player without physically touching them. For example, with a twisted ankle or other leg injury
- Obviously, where a serious injury is suspected, e.g. knee injury or a broken bone - call an ambulance.
- After removing gloves, wash hands with soap and water or an alcohol-based hand rub for a minimum of 20 seconds.
- Thoroughly dispose of any first aid supplies used for treatment, i.e. ice pack, towels, dressings etc.
- Disinfect any equipment used e.g. first aid kit, stretcher, treatment table, first aid room.
- Remove and dispose of all personal protective equipment (PPE) that was used, e.g. disposable gloves, mask, CPR mask etc.

GPFC COACHES & MANAGERS MEETING 2021

- **HOME GAMES**

- 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 one 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 45 - 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.
- UII and above, Log in to icompman and commence filling it out your team 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.

GPFC COACHES & MANAGERS MEETING 2021

- **AWAY GAMES**

- Your representing GPFC abide by other club ground rules
- Grounds directory <https://nepeanfootball.com.au/grounds-directory/>

- **WET WEATHER**

- Coach's &/or managers will be contacted if your game has been cancelled or relocated
- Do not message the club!

- **INJURIES**

- GPFC has the safety of players as its highest priority at all times.
- If there is a serious/head injury do not move the player
- <https://nepeanfootball.com.au/wp-content/uploads/2019/02/ffa-concussion-guidelines.pdf>
- 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

GPFC COACHES & MANAGERS MEETING 2021

- **CADET REFEREES**

- GPFC will continue to provide cadet referees for all U8 – U11 home games where possible
- GPFC ask coaches, managers & parents to be patient with the cadet referee's
- They are young and still learning, so any mistakes should be taken in the spirit of the game
- Like competition referees, No coach, manager, parent or spectator is to abuse a cadet referee.
- Any issue's should be brought to the attention of a ground official.
- REMEMBER: the cadets do it so the parents don't have to

GPFC COACHES & MANAGERS MEETING 2021



RETURN TO PLAY GUIDELINES - SUMMARY

LEVEL C

Football NSW is following and implementing the AIS's 'Framework for Rebooting Sport' with its three levels A, B and C. These levels can be succinctly summarised with the below graphic depicting a traffic light system of 'stop, get ready, go';



LEVEL B - RETURN TO TRAIN

On 21 May, and in line with the NSW Government's updating of the Public Health Order (of 15 May 2020), Football NSW lifted the 'temporary suspension' as it related to training. At this time, it released its Return to Training Guidelines and a series of resources for Associations, Clubs, Teams, Players and Parents to follow and implement. The conditions set out in that document were in line with government directions at the time.

LEVEL C - RETURN TO PLAY

These 'Return to Play Guidelines' are the next level, and provide for the resumption of full competitive matches and other football activities at all ages and for all levels across the various leagues and competitions in New South Wales.

LEVEL B - TRAINING

Football training to be conducted in small groups of no more than 20 people (including coaching personnel)

No football games – training, friendly or competitive – are permitted

No contact (e.g. no tackling or challenges) permitted

Minimise sharing of equipment such as footballs, cones, skipping ropes, weights, agility training

Social distancing of 1.5 metres between players

No use of communal facilities (eg gym)

LEVEL C - PLAYING

Full competitive matches permitted within the Laws of the Game

Training/friendly matches allowed

Full football activities conducted at all levels (MiniRoos, 7v7, 9v9 or 11v11) including development programs

Team benches organised to ensure 1.5 metres between coaching staff & substitutes

Match fixturing and pitch allocations to be arranged to maximise spaces between pitches

Social distancing of 1.5 metre between spectators (e.g. parents)

Competitions, Leagues and Tournaments permitted

Changerooms and/or wet areas limited to players and team staff and thorough cleaning between use recommended

Full use of sporting facilities is permitted

Keep you and your family safe

COVIDSAFE

Download now

App Store Google play



LEVEL C PLAYING - WHAT IS PERMITTED?

LEVEL B - TRAINING

No football games – training, friendly or competitive – are permitted

LEVEL C - PLAYING

Full competitive matches permitted within the normal Laws of the Game

Training/friendly matches now allowed

Full football activities conducted at all levels (MiniRoos, 7v7, 9v9 or 11v11)

Team benches organised to ensure 1.5 metres between coaching staff & substitutes

Match fixturing and pitch allocations to be arranged to maximise spaces between pitches

Social distancing of 1.5 metre between spectators (e.g. parents)

Competitions, Leagues and Tournaments permitted

Changerooms and/or wet areas limited to players and team staff and thorough cleaning between use recommended

LEVEL C PLAYING - WHAT SHOULD BE AVOIDED?

- Team handshakes prior to kick-off
- Team huddles, handshakes and high fives
- Multiplayer goal celebrations
- Spitting

ORGANISATION OF TEAM BENCHES

Where team benches are permanent (fixed), limit number of seats to ensure 1.5 metres between member of the coaching staff and substitutes. Where possible, mark seats with masking tape. If necessary, provide additional seats to extend the length of the bench.



Where team benches are made up of plastic/other moveable chairs, position these so that those seated are at least 1.5 metres apart. Ensure these chairs remain at the required distance apart during and between matches.



GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO PLAY Covid-19 (cont'd)**

- **GAME DAYS**

- Mulgoa rise has a 3000 person limit
- Sanitation stations will be provided around the grounds
- Parents/spectators to maintain 1.5m distancing
- Arrive on time and avoid unnecessary gatherings (Get in, Get out)
- Vests/bibs not to be shared (Inc. Marshalls & coaches)
- Reserves to use own jumpers or jackets when on sidelines
- Personal equipment bags should be distanced (1.5m)
- QR code for spectators

- **WHAT IS PERMITTED**

- Full squad training
- Full competitive training
- All skills/techniques training is allowed
- 1v1 skills based drills including tackling
- QR code

GPFC COACHES & MANAGERS MEETING 2021

- 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.
- <https://footballnsw.com.au/wp-content/uploads/2021/03/Dont-Cross-the-Line-A4-booklet-1.pdf>
- 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
- Allowed to enter the field of play without being invited by the referee.
- <https://www.glenmoreparkfootball.com.au/about-gpfc/codes-of-conduct/>

GPFC COACHES & MANAGERS MEETING 2021

- **Smoking & Alcohol Policies**

- Mulgoa rise is a smoke free zone, includes E cigarette & vaping. **Smoking in carpark only**
- <https://www.health.nsw.gov.au/tobacco/Pages/smoke-free-laws.aspx>

- **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. (carpark only)
- 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.

GPFC COACHES & MANAGERS MEETING 2021

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 authorized to represent GPFC outside the location of their scheduled game(s).

[GPFC Shirts policy](#)

[GPFC logo policy](#)

GPFC COACHES & MANAGERS MEETING 2021

- **Manager Roles and Responsibilities**

- liaise with the Coach to ensure that all relevant information is communicated to parents;
- be aware of all issues relating to children's welfare during training sessions and matches
- adhere to Glenmore Park policies
- ensure you are contactable to all parents / guardians throughout the season
- Attend the preseason Coaches & Managers meeting;
- lead by example; be timely, supportive and enthusiastic
- relay any changes to game times, location and/or practice times or locations that may occur throughout the season to parents / guardians;
- be courteous and respectful to both official and unofficial referees at all times
- Organise parents to help set up or pack up fields
- Organise parents for club rosters i.e. BBQ, ground duty & canteen.

GPFC COACHES & MANAGERS MEETING 2021

- **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 techniques and ideas;
- ☐ be aware of all issues relating to children's welfare during training sessions and matches;
- ☐ create a progressive & positive environment that promotes fun and participation in the exercise of sport;
- ☐ adhere to Glenmore Park policies;
- ☐ lead by example; be timely, supportive and enthusiastic.
- 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 occur throughout the season;
- ☐ discuss practice times and location, your expectations, and methods for ongoing communication with parents / guardians;
- ☐ ensure playing strips and club issued training equipment is properly maintained and promptly returned at the end of the season;

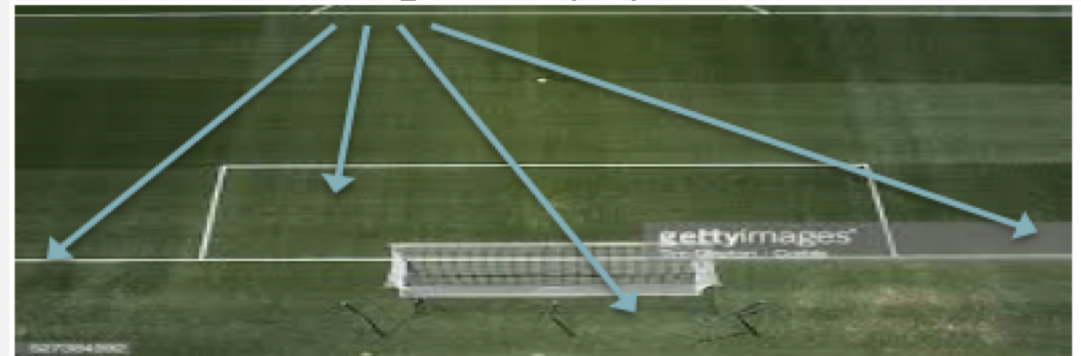
GPFC COACHES & MANAGERS MEETING 2021

- **Coaches Roles and Responsibilities (cont'd)**

- ☐ 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.

GPFC COACHES & MANAGERS MEETING 2021

- **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
- 1 st Offence – Written Warning
- 2 nd Offence – 2 week training ban (Failure to comply with the ban will result in a further Offence being recorded against the team
- 3 rd 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.
- [Goal Mouth policy](#)



WET WEATHER

- **WET WEATHER PROCEDURES**

- **TRAINING**

- The club website www.glenmoreparkfootball.com.au will contain information regarding field closures.
- Closures will be confirmed via club social media outlets by 4pm on the day.
- If Mulgoa rise has been closed by the Council, you **MUST NOT** use the fields. The club will incur fines if fields are damaged.

- **WEEKENDS**

- On game days, do not assume that all fields are closed if has been raining.
- We will update social media platforms on the day **field closures due to wet weather & will be updated by 7.30am on Saturdays and Sundays**

Overview

iMatchSheets allows Club Officials, Team Officials and Match Officials to record match data in real time using smart phones and tablets. It provides an electronic means of:

- Preparing Team Sheets
- Authorising and submitting team sheets
- Record match specific data
 - Score
 - Red/Yellow cards
 - Player statistics
 - Referee reports

User Access

All Team Managers and Coaches will have an iCompMan User Account created in order to access and complete iMatchSheets. These can only be created if the coach/manager is registered in both Play Football and iCompMan. The Association will create these accounts and email the Coach and Manager their login details.

Once Team Managers and Coaches have access, they will be authorised to update the following:

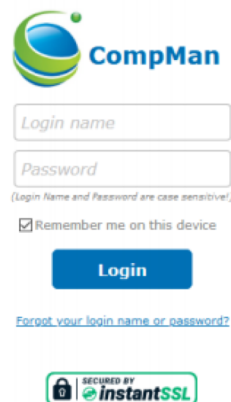
- Match Sheets
- ID's checked
- Results
- Other details such as team points
- Player statistics

The data in which team managers have access to is determined by the association.

Please note: a team official must be registered with at least one team in iCompMan to receive access.

User Log-In

1. Open internet browser and navigate to <http://www.icompman.com.au/>
2. The login screen will appear like this →
3. The **Remember Me** option if selected will store your login details so you do not have to enter it each time
4. Enter your **Login name** and **password**. (Please note both fields are case sensitive.)
5. Click **Login**.

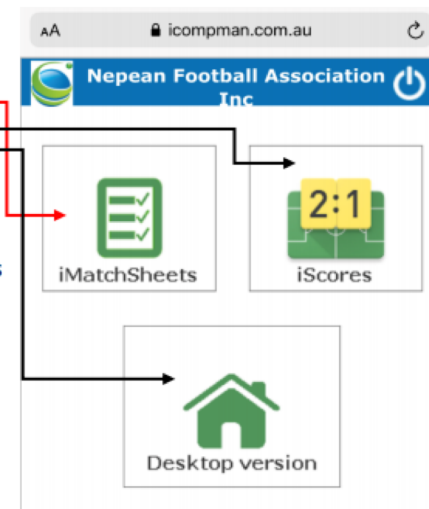


The login screen for iCompMan. It features the iCompMan logo at the top. Below it are two input fields: 'Login name' and 'Password'. A note below the password field states '(Login Name and Password are case sensitive!)'. There is a checkbox labeled 'Remember me on this device'. A blue 'Login' button is at the bottom. Below the button is a link: 'Forgot your login name or password?'. At the very bottom, there is a 'SECURED BY instantSSL' logo.

6. Once logged in you will see the home screen of iCompMan
7. Select **iMatchSheets** to begin iCompMan smart phone version
8. Please disregard both the **iScores** and **Desktop Version** icons as they are not applicable to team managers.

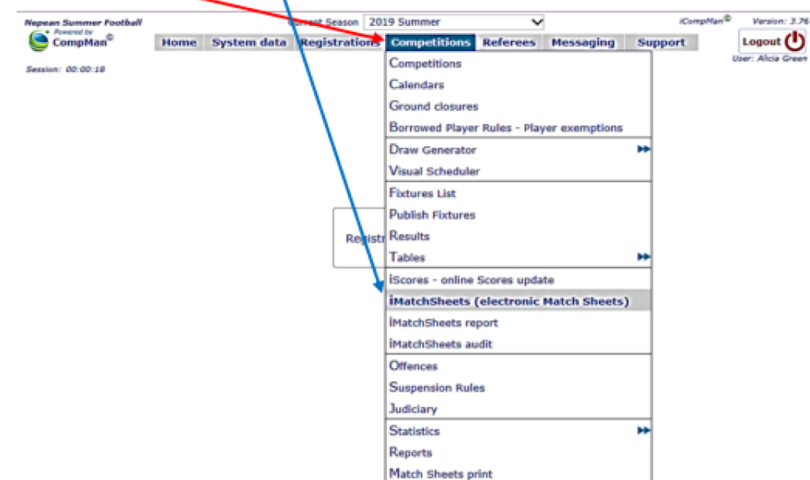


Selecting the desktop version if using a smartphone may produce unexpected results. This is for use on full screen browsers only.



iMatchSheets are also available on PC's and tablets with the desktop view. In order to access the team sheets this way, follow steps 1-5 and the below screen will appear.

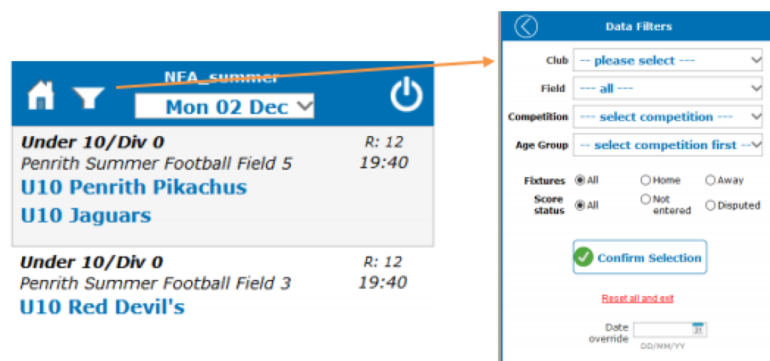
Select **Competitions** and **iMatchSheets (electronic Match Sheets)**.



Match Sheets Fixtures List

Once the iMatchSheets icon is selected, fixtures will display. Note; the program defaults to the current date. Users can choose a different date by selecting the drop-down date menu, with a 7-day variance. You can select match sheets for 2 days in the past, and 5 days ahead.

Your club may restrict your access to only view team sheets based on who you are registered with. If you are registered with more than one team, fixtures will appear for all teams (only competitions which have "Electronic iMatchSheet" switched on will be available. The filter option can then be used to view team sheets for a specific team only. See below:



The **Home** button will return users to return to the iCompMan home screen



The **Filter Button** allows users to narrow their search to a specific field/competition/age group or Home/Away games only.



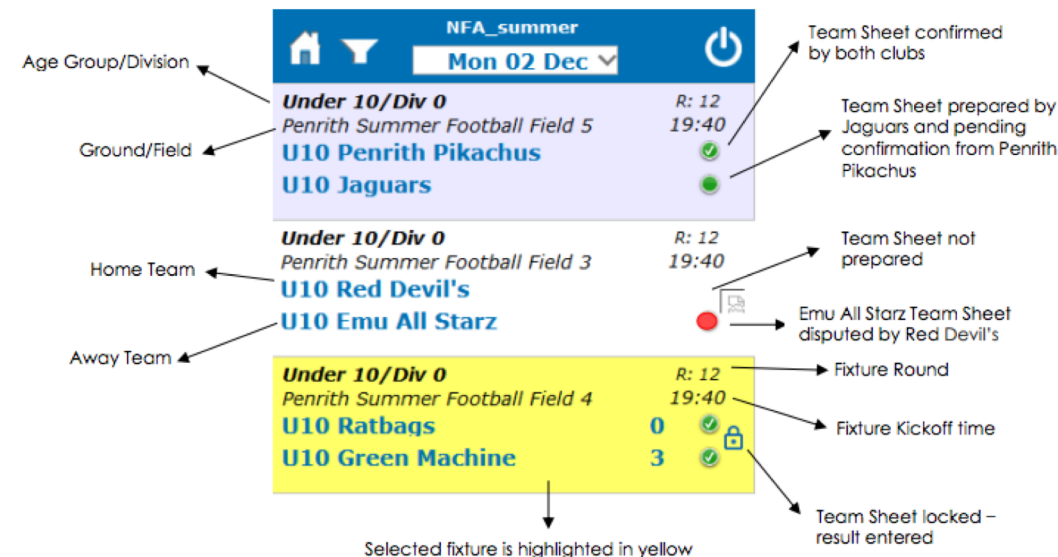
The **Logout** button will return users to the iCompMan login page.

Fixtures will display



as:

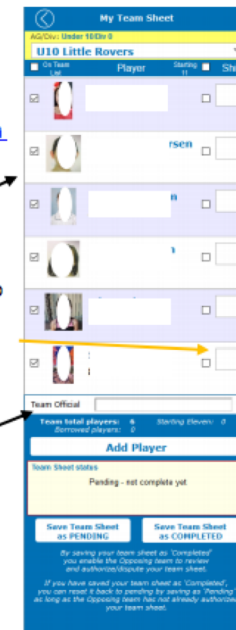
Understanding the Fixture List and its Associated Icons



Preparing iMatchSheets Prior to Kick-Off (Team Officials Only)

Selecting Registered Team Players

1. With your fixture list displayed, select the required fixture to be updated by clicking on it (the fixture will have a yellow background when selected).
2. Click on the **Update Match Sheet** (refer to image under [Match Sheets Fixture List](#)) button to update/edit
3. The **My Team Sheet** page will appear with a list of players who are registered to the team. Select the check box to the left of the players photo to indicate that they will be participating in the match. Leave any player who is not playing unticked.
4. Players are listed in order by name and only those registered to the team will appear.
5. Enter the players shirt number in the text box provided. NB you do not need to delete shirt numbers (if they have been set up in iCompMan) for those not playing.
6. Complete **Team Official** box. Managers do not automatically appear on the team sheet so you will have to complete this manually.



Adding Borrowed Players (Upgrades) to Team Sheet

In addition to regular team members, players can also be borrowed (upgraded) from other teams within your club. Borrowed (upgraded) players will be added to the bottom of the match sheet using the "Borrowed Player" functionality.

1. To add a borrowed (upgraded) player, select the **Add Player** button under your regular team of players.
2. You will be redirected to the borrowed player selection screen. Use the Surname/Reg. No field to find the required player. You can also choose to **Show All** which will list all players eligible to upgrade to your team. When searching for a player, it will only allow you to select players eligible to upgrade into your team. If they do not meet the age/gender/division requirements they will not appear.
3. Select the check box and click on **Confirm Selected Player**.
4. The player will appear at the bottom of your player list with **borrowed player** clearly displayed. It will also show your total players for the game, including borrowed players.
5. Ensure the borrowed player is indicated as playing in the game and don't forget to add a shirt number.

Submit the Match Sheet for Review by the Opposition Manager

1. Once you have completed all the necessary fields on your match sheet, you should then mark it as **Completed**.
2. If you are preparing the match sheet ahead of time, save the changes you make as **Pending**. This allows you to edit the match sheet up until kick-off. Ensure that if you are preparing ahead of time and there are no other changes that you will mark the team sheet as **Completed** on the match day.
3. Once the match sheet is marked as **Completed** the opposing team can review and either accept or dispute your match sheet.

Review Opponents Match Sheet

Match sheets must be confirmed by Opposition Team Officials prior to kick-off.



A match sheet cannot be reviewed/confirmed by the opposition team until it has been marked as completed.

1. Ensure there is a solid green circle to indicate your opponent's team sheet is ready for review.
2. Select the **Review Opponents Team Sheet** button.
3. The list of players and their shirt numbers will appear. Perform your ID check by ensuring the shirt number match the player it is assigned to.
4. If you have completed the ID check but the team sheet is missing shirts numbers or players, select **Pending my Authorization** and then select **Save as Pending**.
5. If the team sheet is acceptable, select **Authorized this Match Sheet is in Order** and then select **Save as Authorized** at the bottom of the page.
6. If the team sheet is unacceptable or incorrect information and you wish to raise a formal dispute, click on the **Disputed** button. A pop-up box will appear in which you must provide a reason for the dispute. Once the reason is complete click the **Confirm** button to return to the Match Sheets page. Select **Save as Disputed** once complete.
 - a. Disputed Match Sheets will be reviewed by the Nepean FA Office following the completion of the match.

GPFC COACHING COMMITTEE

The coaching committee was formed to help coaches & offer assistance whenever needed.

Email: coaching.committee@glenmoreparkfootball.com.au

Daniel Armstrong – Presenter

Sharna Enman

Dean Glover

Matt Neville

Graham Moore

Anthony Grbin

Jarrold Bone

Alan Lownds

AGE: 5-9 DISCOVERY PHASE	
Role of the Coach	'To facilitate the players' discovery of the objectives of football and the basic player actions required by providing a fun football environment'
What parts of the model?	SEE BELOW

OUTCOME	WIN MATCHES			
OBJECTIVES	SCORE GOALS		PREVENT GOALS	
METHODS				
MAIN MOMENTS				
KEY PRINCIPLES				
TEAM TASKS				
PLAYER TASKS				
PLAYER ACTIONS	Positioning, First Touch, Running with the Ball, 1v1, Striking the Ball, Communicating			

AGE: 9-13 SKILL ACQUISITION PHASE	
Role of the Coach	'To prepare players for team football by developing the functional game skills'
What parts of the model?	SEE BELOW

OUTCOME	WIN MATCHES			
OBJECTIVES	SCORE GOALS		PREVENT GOALS	
METHODS	GET THE BALL AND YOUR PLAYERS INTO GOALSCORING POSITIONS		PREVENT THE OPPONENT GETTING THE BALL AND THEIR PLAYERS INTO GOALSCORING POSITIONS	
MAIN MOMENTS	BPO>BP	BP	BP>BPO	BPO
KEY PRINCIPLES		Effective Possession, Combination Play, Individual Skill		Win the ball back ASAP, deny time and space, limit scoring chances
TEAM TASKS		Basic Team Tasks		
PLAYER TASKS		General Only		
PLAYER ACTIONS	Positioning, First Touch, Running with the Ball, 1v1, Striking the Ball, Communicating		Positioning, Pressing, Marking, Intercepting, Tackling, Communicating	

Those parts of the model that contain grey text and shading are the elements that are introduced by **HIDDEN LEARNING**. These aspects of the game are not necessarily stressed and coached, but automatically built-in, especially in the 1v1 and small-sided game context.

Core Skill: _____

Specific Aspect:

Key Principle: _____

Session Objective:

In this session, I aim to improve the players' ability in the following Player Tasks/Actions:

GPFC COACHES & MANAGERS MEETING 2020

RESOURCES

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

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

<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-ofconduct/>

<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>

[The football coaching process](https://www.playfootball.com.au/sites/play/files/2021-01/The%20Football%20Coaching%20Process.pdf) <https://www.playfootball.com.au/sites/play/files/2021-01/The%20Football%20Coaching%20Process.pdf>

[Skills Acquisition Manual](https://www.playfootball.com.au/sites/play/files/2018-08/FOOTBALL_Skill%20Acquisition%20Manual_A4_Web_Single%20Pages%5BI%5D.pdf) https://www.playfootball.com.au/sites/play/files/2018-08/FOOTBALL_Skill%20Acquisition%20Manual_A4_Web_Single%20Pages%5BI%5D.pdf

GPFC COACHES & MANAGERS MEETING 2021

GAME ABANDONMENTS

- Should a team not be able to attend their match on a weekend.
- Please contact Nathan Moore compsec@glenmoreparkfootball.com.au 4 days prior
- 0449 767 444 (emergency use only) one day before or day of the match

GPFC CONTACTS

- [President](#) – Neil Ferrier
- [Secretary](#) – Sharna Enman
- [Competition Secretary](#) – Nathan Moore
- [Treasurer](#) – Sheryll Ferrier
- [Coaching](#)
- [MPIO](#) – Chris Barford
- [General enquiries](#) – Leah Lownds

- [Vice President](#) – Adam Culgan
- [Registrations](#) – Christine Neville
- [Canteen](#) – Kelly Watkins
- [Sponsorship](#) – Jason Briggs
- [Equipment](#) – Zach Pinch
- [Merchandise](#) – Robyn Enman
- [Cadet referee](#) – Stephen Dunworth

General Committee

Anthony Grbin
Christine Cecchi
Brianna Redmond
Matt Neville

● **END OF MEETING**



COACH & MANAGERS
MEETING 2021
U12 – AAM/W, 035, 045

GPFC COACHES & MANAGERS MEETING 2021

• **U12 – U18 TRAINING (JUNIORS)**

- Training at Mulgoa Rise 5:30pm – 9:00pm
- NO GAME SHIRTS TO BE WORN OTHER THAN GAME DAYS
- Division I coaches to be accredited
- Do not train in goal mouths
- Separate GK training available (GPFC Coaching Committee)
- Training bookings
<https://www.glenmoreparkfootball.com.au/rosters/training-bookings/>
- Training ideas
- <https://nepeanfootball.com.au/coaching/>
- <https://www.playfootball.com.au/coach/resources>
- <https://www.playfootball.com.au/miniroos/resources/skill-challenges>

• **AAM-AAW, O35, O45 TRAINING (SENIORS)**

- Training at Mulgoa Rise 5:30pm – 9:00pm
- NO GAME SHIRTS TO BE WORN OTHER THAN GAMES DAYS
- Division I coaches to be accredited
- Do not train in goal mouths
- Separate GK training available (GPFC Coaching Committee)
- Training bookings
<https://www.glenmoreparkfootball.com.au/rosters/training-bookings/>
- Training ideas
- <https://nepeanfootball.com.au/coaching/>
- <https://www.playfootball.com.au/coach/resources>
- <https://www.playfootball.com.au/miniroos/resources/skill-challenges>

GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO TRAINING GUIDELINES LEVEL B**

- <https://footballnsw.com.au/wp-content/uploads/2020/06/Return-to-Training-Guidelines-FNSW-v2.pdf>
- No more than 20 persons per area (inc coach, manager, assistant, spectators)
- Non contact training drills only e.g. running with the ball, first touch & striking the ball
- Try to maintain distancing of 1.5m when in groups
- Have players come ready to train
- Get in get out
- Observe GPFC covid training times
- Complete the attendance sheet after every training session and return email to gpfccoachingcommittee@gmail.com
- Record of attendance sheets : <https://footballnsw.com.au/wp-content/uploads/2020/05/Return-to-train-attendance.pdf>
- <https://footballnsw.com.au/wp-content/uploads/2020/05/Return-to-train-attendance.docx>

GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO TRAINING GUIDELINES LEVEL B (cont-d)**
- Only essential persons to attend training
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practicing of heading by picking up the ball and throwing should be discouraged.
- Some sharing of sporting equipment such as kicking a football, use of a skipping rope, weights, agility equipment.
- Players must not arrive more than 15 minutes prior to training commencing, and if arriving by car, remain in the car until 5 minutes before training to avoid gatherings.
- Players are to come already prepared to train – changing rooms will not be in use.
- Players are to bring their own drink bottles and they are to be clearly labelled. No sharing of drink bottles is to be permitted.
- Players are to leave the venue immediately once their training session has concluded.

GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO TRAINING GUIDELINES LEVEL B (cont-d)**
- Before participating in football activities participants should not attend training if in the past 14 days they have:
- **PRIOR TO ATTENDING TRAINING** been unwell or had any flu-like symptoms, or been in contact with a known or suspected case of COVID-19, or any sudden loss of smell or loss of taste, or are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.
- Check the NSW Government website link advice regarding the full list of symptoms associated with COVID-19 infection:
<https://www.nsw.gov.au/covid-19/symptoms-and-testing>

GPFC COACHES & MANAGERS MEETING 2021



RETURN TO TRAINING - RECORD OF ATTENDANCE

All trainings must be conducted in accordance with the Football NSW Return to Training Guidelines - Level 1

Name of Club: _____ Team/Age Group: _____

Week commencing date: _____ Completed by: _____

ALL PERSONS ATTENDING MUST BE RECORDED (INCLUDES COACH, PLAYERS, PARENTS, CARERS, OFFICIALS, SPECTATORS, VOLUNTEERS)

	NAME		FFA #	COVIDSAFE APP?	ARRIVAL TIME	DEPARTURE TIME
	First	Surname				
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

To further aid the fight against COVID-19, Football NSW supports the Australian Government's COVIDSafe app and strongly encourages all members of the football community to get behind this initiative. The app can be downloaded from the Apple App store and Google Play.



Please check in before entering our premises.

We're helping keep our community COVID safe by recording contact details.



It's easy to check in:

- 1 Scan the QR code with your smartphone camera or QR code reader.
- 2 Follow the prompts on the Service NSW app or on the Service NSW webform.
- 3 Show a staff member that you've signed in.

We respect your privacy

When you scan the QR code, the only personal information sent to Service NSW is your Customer ID, the location of the business you are visiting, time and the date of your visit. The business will not see or collect this information and it will only be used for contact tracing. We only keep this information for 28 days unless required for contact tracing related to a COVID-19 hotspot. Please refer to the collection notice in the app for more information.

This QR code is for Glenmore Park Football Club, located at Parkway Avenue, Glenmore Park NSW.





Car
Park

Car
Park

Parkway Ave

AREA 9

AREA 10

AREA 8

AREA 6

AREA 7

AREA 5

EQUIPMENT
SHED

FIRST AID



OFFICE
AMENITIES
CANTEEN AED

FIRST AID



& DEFIBRILLATOR

Public walkway

FIELD 3

AREA 2

AREA 4

AREA 1

AREA 3

FIELD 1

FIELD 2



Bradley

Street

GPFC COACHES & MANAGERS MEETING 2021

- **GOAL KEEPER TRAINING**

- Hosted by GPFC Goalkeeping coach Jarrod Bone
- Jarrod is an FFA Level I Goalkeeping license accredited coach
- Jarrod plays in GPFC O35/I as goalkeeper and has represented professional teams both in Australia and overseas
- Sessions are free of charge provided by the club for GPFC GK's & generally run on Tuesday & Thursday nights at Mulgoa rise area I from
 - U8 – U14 5:30pm – 6:30pm
 - U15 – Senior 6:30pm – 7:30 pm
 - Email coaching.committee@glenmoeparkfootball.com.au for further details

Deerubbin Drive

MOD 3

MOD 4

Warm up area



MAIN 2

MAIN 3

Car Park

EQUIPMENT SHED

Warm up area

MAIN 1

FIELD 3

(MOD 2)

(MOD 1)

Warm up area

PUBLIC ENTRANCE

FIRST AID

OFFICE
AMENITIES
CANTEN AED

FIRST AID & DEFIBRILLATOR

Public walkway

Warm up area

Ave

Parkway

Car Park

FIELD 1

FIELD 2

Warm up area

Warm up area

Bradley

Street



P u b l i c w a l k w a y

GPFC COACHES & MANAGERS MEETING 2021

- **HOME GAMES**

- 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 one 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 45 - 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.
- UII and above, Log in to icompman and commence filling it out your team 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.

GPFC COACHES & MANAGERS MEETING 2021

- **AWAY GAMES**

- Your representing GPFC abide by other club ground rules
- Grounds directory <https://nepeanfootball.com.au/grounds-directory/>

- **WET WEATHER**

- Coach's &/or managers will be contacted if your game has been cancelled or relocated
- Do not message the club!

- **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

GPFC COACHES & MANAGERS MEETING 2021

- **RETURN TO PLAY LEVEL C (cont'd)**

- **GAME DAYS**

- Mulgoa rise has a 3000 person limit (NFA)
- Sanitation stations will be provided around the grounds
- Parents/spectators to maintain 1.5m distancing
- Arrive on time and avoid unnecessary gatherings
- Vests/bibs not to be shared (Inc. Marshalls & coaches)
- Reserves to use own jumpers or jackets when on sidelines
- Personal equipment bags should be distanced (1.5m)
- QR Code

- **WHAT IS PERMITTED**

- Full squad training
- Full competitive training
- All skills/techniques training is allowed
- Ivl skills based drills including tackling
- Continue filling out attendance sheet for training or QR code

GPFC COACHES & MANAGERS MEETING 2021



RETURN TO PLAY GUIDELINES - SUMMARY

LEVEL C

Football NSW is following and implementing the AIS's 'Framework for Rebooting Sport' with its three levels A, B and C. These levels can be succinctly summarised with the below graphic depicting a traffic light system of 'stop, get ready, go';

LEVEL A	SUSPENSION OF FOOTBALL 1 April - 20 May	LEVEL B	RETURN TO TRAIN 21 May - 30 June	LEVEL C	RETURN TO PLAY From 1 July
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LEVEL B - RETURN TO TRAIN

On 21 May, and in line with the NSW Government's updating of the Public Health Order (of 15 May 2020), Football NSW lifted the 'temporary suspension' as it related to training. At this time, it released its Return to Training Guidelines and a series of resources for Associations, Clubs, Teams, Players and Parents to follow and implement. The conditions set out in that document were in line with government directions at the time.

LEVEL C - RETURN TO PLAY

These 'Return to Play Guidelines' are the next level, and provide for the resumption of full competitive matches and other football activities at all ages and for all levels across the various leagues and competitions in New South Wales.

LEVEL B - TRAINING

Football training to be conducted in small groups of no more than 20 people (including coaching personnel)

No football games – training, friendly or competitive – are permitted

No contact (e.g. no tackling or challenges) permitted

Minimise sharing of equipment such as footballs, cones, skipping ropes, weights, agility training

Social distancing of 1.5 metres between players

No use of communal facilities (eg gym)

LEVEL C - PLAYING

Full competitive matches permitted within the Laws of the Game

Training/friendly matches allowed

Full football activities conducted at all levels (MiniRoos, 7v7, 9v9 or 11v11) including development programs

Team benches organised to ensure 1.5 metres between coaching staff & substitutes

Match fixturing and pitch allocations to be arranged to maximise spaces between pitches

Social distancing of 1.5 metre between spectators (e.g. parents)

Competitions, Leagues and Tournaments permitted

Changerooms and/or wet areas limited to players and team staff and thorough cleaning between use recommended

Full use of sporting facilities is permitted

Keep you and your family safe

COVIDSAFE

Download now

App Store Google play



LEVEL C PLAYING - WHAT IS PERMITTED?

LEVEL B - TRAINING

No football games – training, friendly or competitive – are permitted

LEVEL C - PLAYING

Full competitive matches permitted within the normal Laws of the Game

Training/friendly matches now allowed

Full football activities conducted at all levels (MiniRoos, 7v7, 9v9 or 11v11)

Team benches organised to ensure 1.5 metres between coaching staff & substitutes

Match fixturing and pitch allocations to be arranged to maximise spaces between pitches

Social distancing of 1.5 metre between spectators (e.g. parents)

Competitions, Leagues and Tournaments permitted

Changerooms and/or wet areas limited to players and team staff and thorough cleaning between use recommended

LEVEL C PLAYING - WHAT SHOULD BE AVOIDED?

- Team handshakes prior to kick-off
- Team huddles, handshakes and high fives
- Multiplayer goal celebrations
- Spitting

ORGANISATION OF TEAM BENCHES

Where team benches are permanent (fixed), limit number of seats to ensure 1.5 metres between member of the coaching staff and substitutes. Where possible, mark seats with masking tape. If necessary, provide additional seats to extend the length of the bench.



Where team benches are made up of plastic/other moveable chairs, position these so that those seated are at least 1.5 metres apart. Ensure these chairs remain at the required distance apart during and between matches.



GPFC COACHES & MANAGERS MEETING 2021

- **INJURIES (during covid)**
- <https://nepeanfootball.com.au/wp-content/uploads/2020/05/Responding-to-Football-Injuries-during-Covid-19.pdf>
- Where possible, wear disposable gloves. If gloves are not available, make sure you wash your hands with soap and water or an alcohol-based hand rub for at least 20 seconds prior to and after attending to the player.
- If necessary, provide the player with a disposable water bottle or their own water bottle.
- Make sure you, the player and the people around you follow good respiratory hygiene. As difficult as it may be, try to calm the player down by having them breath slowly and deeply.
- Avoid unnecessary touching of the player. In some minor injuries, it may be possible to treat the player without physically touching them. For example, with a twisted ankle or other leg injury
- Obviously, where a serious injury is suspected, e.g. knee injury or a broken bone - call an ambulance.
- After removing gloves, wash hands with soap and water or an alcohol-based hand rub for a minimum of 20 seconds.
- Thoroughly dispose of any first aid supplies used for treatment, i.e. ice pack, towels, dressings etc.
- Disinfect any equipment used e.g. first aid kit, stretcher, treatment table, first aid room.
- Remove and dispose of all personal protective equipment (PPE) that was used, e.g. disposable gloves, mask, CPR mask etc.

GPFC COACHES & MANAGERS MEETING 2021

- **ELECTRONIC MATCH SHEETS (EMS)**
- Your log in access will be emailed to you
- icompman website : <https://www.icompman.com.au>
- Paper copies will be at the grounds just in case of emergencies
- Smart phone user guide: <https://nepeanfootball.com.au/wp-content/uploads/2020/05/NFA-Compman-iMatchSheets-User-Guide-Roadshow-Handout.pdf>
- Youtube tutorial: <https://www.youtube.com/watch?v=cwDCCWuoQoY>
- Players shirt numbers can be added by GPFC to your match sheet if your players have specific numbers to save time on filling out.

Overview

iMatchSheets allows Club Officials, Team Officials and Match Officials to record match data in real time using smart phones and tablets. It provides an electronic means of:

- Preparing Team Sheets
- Authorising and submitting team sheets
- Record match specific data
 - Score
 - Red/Yellow cards
 - Player statistics
 - Referee reports

User Access

All Team Managers and Coaches will have an iCompMan User Account created in order to access and complete iMatchSheets. These can only be created if the coach/manager is registered in both Play Football and iCompMan. The Association will create these accounts and email the Coach and Manager their login details.

Once Team Managers and Coaches have access, they will be authorised to update the following:

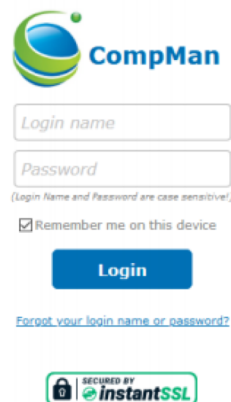
- Match Sheets
- ID's checked
- Results
- Other details such as team points
- Player statistics

The data in which team managers have access to is determined by the association.

Please note: a team official must be registered with at least one team in iCompMan to receive access.

User Log-In

1. Open internet browser and navigate to <http://www.icompman.com.au/>
2. The login screen will appear like this →
3. The **Remember Me** option if selected will store your login details so you do not have to enter it each time
4. Enter your **Login name** and **password**. (Please note both fields are case sensitive.)
5. Click **Login**.

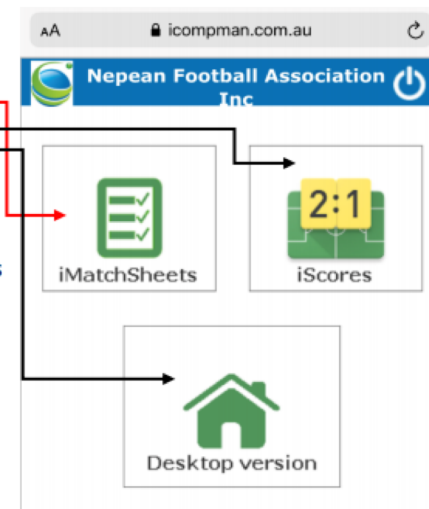


The login screen for iCompMan. It features the iCompMan logo at the top. Below it are two input fields: 'Login name' and 'Password'. A note below the password field states '(Login Name and Password are case sensitive!)'. There is a checkbox labeled 'Remember me on this device'. A blue 'Login' button is at the bottom. Below the button is a link: 'Forgot your login name or password?'. At the very bottom, there is a 'SECURED BY instantSSL' logo.

6. Once logged in you will see the home screen of iCompMan
7. Select **iMatchSheets** to begin iCompMan smart phone version
8. Please disregard both the **iScores** and **Desktop Version** icons as they are not applicable to team managers.

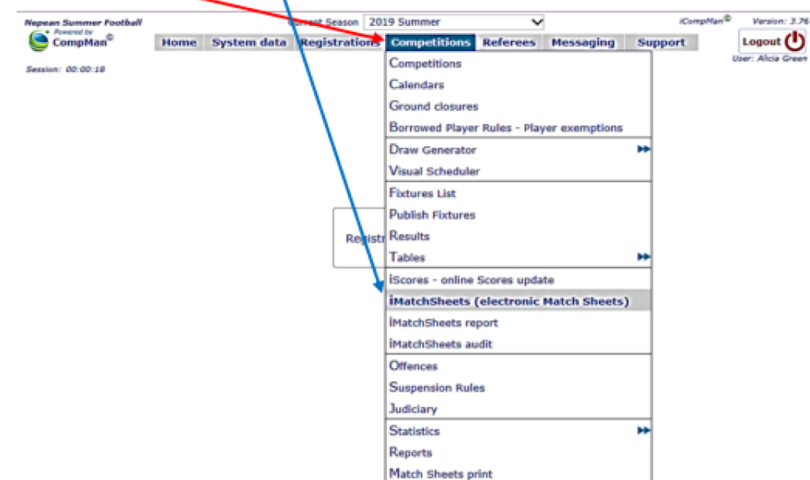


Selecting the desktop version if using a smartphone may produce unexpected results. This is for use on full screen browsers only.



iMatchSheets are also available on PC's and tablets with the desktop view. In order to access the team sheets this way, follow steps 1-5 and the below screen will appear.

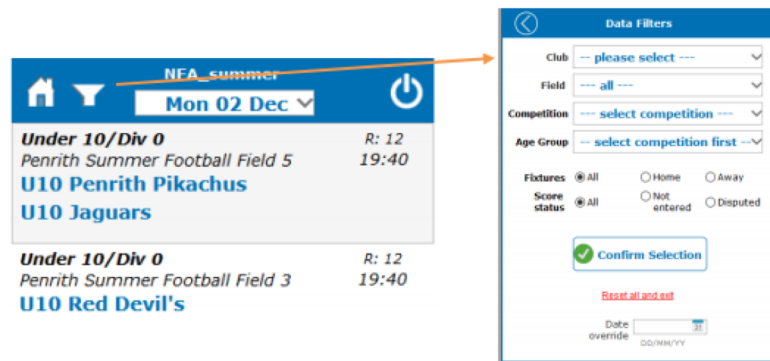
Select **Competitions** and **iMatchSheets (electronic Match Sheets)**.



Match Sheets Fixtures List

Once the iMatchSheets icon is selected, fixtures will display. Note; the program defaults to the current date. Users can choose a different date by selecting the drop-down date menu, with a 7-day variance. You can select match sheets for 2 days in the past, and 5 days ahead.

Your club may restrict your access to only view team sheets based on who you are registered with. If you are registered with more than one team, fixtures will appear for all teams (only competitions which have "Electronic iMatchSheet" switched on will be available. The filter option can then be used to view team sheets for a specific team only. See below:



The **Home** button will return users to return to the iCompMan home screen



The **Filter Button** allows users to narrow their search to a specific field/competition/age group or Home/Away games only.



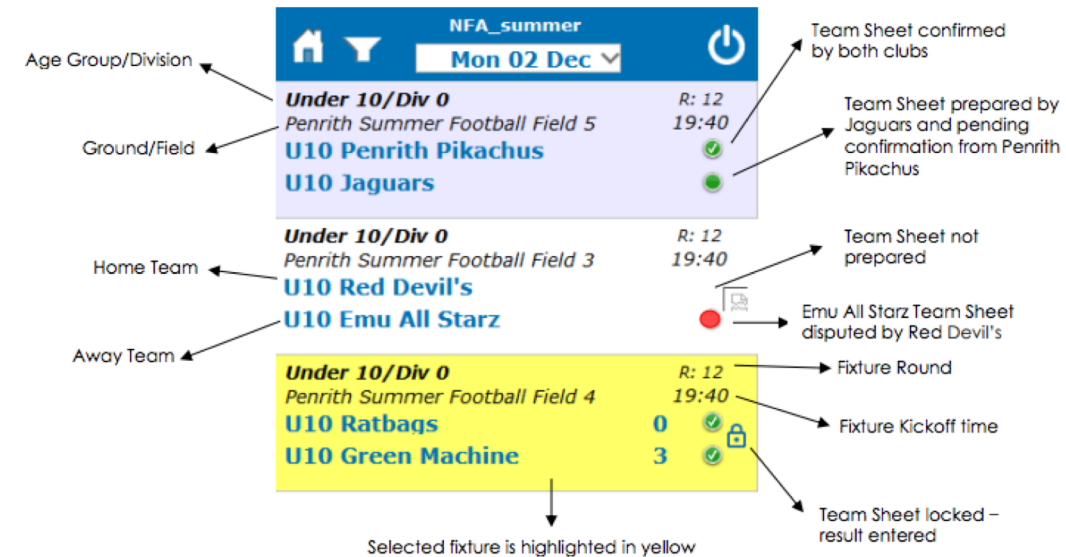
The **Logout** button will return users to the iCompMan login page.

Fixtures will display



as:

Understanding the Fixture List and its Associated Icons



Preparing iMatchSheets Prior to Kick-Off (Team Officials Only)

Selecting Registered Team Players

1. With your fixture list displayed, select the required fixture to be updated by clicking on it (the fixture will have a yellow background when selected).
2. Click on the **Update Match Sheet** (refer to image under [Match Sheets Fixture List](#)) button to update/edit
3. The **My Team Sheet** page will appear with a list of players who are registered to the team. Select the check box to the left of the players photo to indicate that they will be participating in the match. Leave any player who is not playing unticked.
4. Players are listed in order by name and only those registered to the team will appear.
5. Enter the players shirt number in the text box provided. NB you do not need to delete shirt numbers (if they have been set up in iCompMan) for those not playing.
6. Complete **Team Official** box. Managers do not automatically appear on the team sheet so you will have to complete this manually.



Adding Borrowed Players (Upgrades) to Team Sheet

In addition to regular team members, players can also be borrowed (upgraded) from other teams within your club. Borrowed (upgraded) players will be added to the bottom of the match sheet using the "Borrowed Player" functionality.

1. To add a borrowed (upgraded) player, select the **Add Player** button under your regular team of players.
2. You will be redirected to the borrowed player selection screen. Use the Surname/Reg. No field to find the required player. You can also choose to **Show All** which will list all players eligible to upgrade to your team. When searching for a player, it will only allow you to select players eligible to upgrade into your team. If they do not meet the age/gender/division requirements they will not appear.
3. Select the check box and click on **Confirm Selected Player**.
4. The player will appear at the bottom of your player list with **borrowed player** clearly displayed. It will also show your total players for the game, including borrowed players.
5. Ensure the borrowed player is indicated as playing in the game and don't forget to add a shirt number.

Submit the Match Sheet for Review by the Opposition Manager

1. Once you have completed all the necessary fields on your match sheet, you should then mark it as **Completed**.
2. If you are preparing the match sheet ahead of time, save the changes you make as **Pending**. This allows you to edit the match sheet up until kick-off. Ensure that if you are preparing ahead of time and there are no other changes that you will mark the team sheet as **Completed** on the match day.
3. Once the match sheet is marked as **Completed** the opposing team can review and either accept or dispute your match sheet.

Review Opponents Match Sheet

Match sheets must be confirmed by Opposition Team Officials prior to kick-off.



A match sheet cannot be reviewed/confirmed by the opposition team until it has been marked as completed.

1. Ensure there is a solid green circle to indicate your opponent's team sheet is ready for review.
2. Select the **Review Opponents Team Sheet** button.
3. The list of players and their shirt numbers will appear. Perform your ID check by ensuring the shirt number match the player it is assigned to.
4. If you have completed the ID check but the team sheet is missing shirts numbers or players, select **Pending my Authorization** and then select **Save as Pending**.
5. If the team sheet is acceptable, select **Authorized this Match Sheet is in Order** and then select **Save as Authorized** at the bottom of the page.
6. If the team sheet is unacceptable or incorrect information and you wish to raise a formal dispute, click on the **Disputed** button. A pop-up box will appear in which you must provide a reason for the dispute. Once the reason is complete click the **Confirm** button to return to the Match Sheets page. Select **Save as Disputed** once complete.
 - a. Disputed Match Sheets will be reviewed by the Nepean FA Office following the completion of the match.

GPFC COACHES & MANAGERS MEETING 2021

- **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

GPFC COACHES & MANAGERS MEETING 2021

- 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

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

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

GPFC COACHES & MANAGERS MEETING 2021

- **Referees**

- Check to see if a referee has been appointed. A few years ago 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.

GPFC COACHES & MANAGERS MEETING 2021

- **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 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 sport;
- ☐ adhere to Glenmore Park policies;
- ☐ lead by example; be timely, supportive and enthusiastic.
- 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 occur throughout the season;
- ☐ discuss practice times and location, your expectations, and methods for ongoing communication with parents / guardians;
- ☐ ensure playing strips and club issued training equipment is properly maintained and promptly returned at the end of the season;

GPFC COACHES & MANAGERS MEETING 2021

- **Coaches Roles and Responsibilities (cont'd)**

- ☐ 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.

GPFC COACHES & MANAGERS MEETING 2021

- **Manager Roles and Responsibilities**

10.2 TEAM MANAGERS

- a. Teams Under 11's² and above shall have a manager who shall be registered with the Association, as per the registration guidelines and procedures.
 - b. No team manager shall be appointed under the minimum age of 18 years.
 - c. An ID card, complete with photograph of team manager, shall be issued by the Association. The ID card must be worn and clearly displayed at all matches.
 - d. Team managers must be registered for each team at the time of team nominations.
 - e. The team manager is to sign their name on the team sheet in the space provided. If the registered team manager is not available for a match then an acting manager is to be nominated by the team. The acting manager is print and sign their name on the team sheet in the space provided.
 - f. Team managers are responsible for completing the team sheet.
 - g. Both team managers shall sign the Team Sheet at the end of their game to indicate that the score has been recorded correctly.
-

GPFC COACHES & MANAGERS MEETING 2021

- **Manager Roles and Responsibilities**

- liaise with the Coach to ensure that all relevant information is communicated to parents;
- be aware of all issues relating to children's welfare during training sessions and matches
- adhere to Glenmore Park policies
- ensure you are contactable to all parents / guardians throughout the season
- Attend the preseason Coaches & Managers meeting;
- lead by example; be timely, supportive and enthusiastic
- relay any changes to game times, location and/or practice times or locations that may occur throughout the season to parents / guardians;
- be courteous and respectful to both official and unofficial referees at all times
- Organise parents to help set up or pack up fields
- Organise parents for club rosters i.e. BBQ, ground duty & canteen.

GPFC COACHES & MANAGERS MEETING 2021

- **Manager Roles and Responsibilities**

- h. Team managers are responsible for the appointment of their team Marshal at each match and to ensure that the Marshal is aware of their responsibilities in accordance with **Regulation 10.4**.
- i. It is the responsibility of a club management committee to ensure that managers are;
 - i. Properly instructed in the completion of team sheets and
 - ii. Are provided with a copy of the Association Regulations relating to the completion of team sheets
 - iii. Have been properly identified using photo ID
 - iv. Have been assessed to determine their compliance requirements for Working with Children Checks
 - v. Have been properly and adequately instructed regarding Codes of Conduct

GPFC COACHES & MANAGERS MEETING 2021

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 authorized to represent GPFC outside the location of their scheduled game(s).

[GPFC Shirts policy](#)

[GPFC logo policy](#)

GPFC COACHES & MANAGERS MEETING 2021

- **Smoking & Alcohol Policies**

- **Saturday**

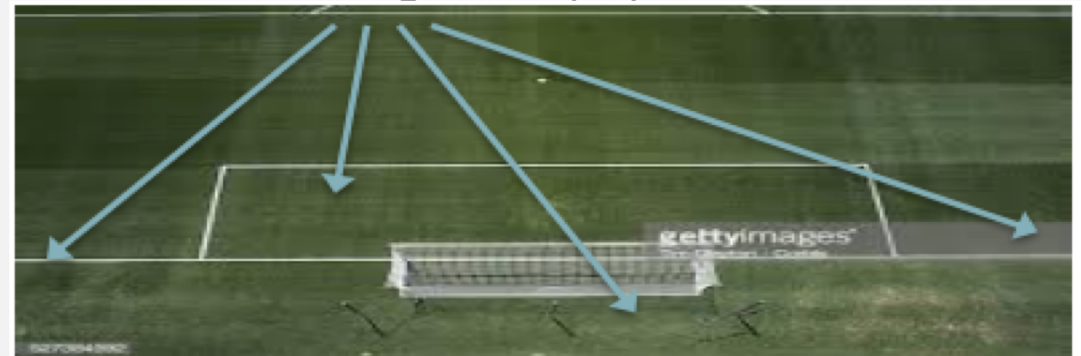
- Nobody is permitted to smoke or consume alcohol at mulgoa rise within the entire reserve.
- When visiting other clubs ask where you are allowed to smoke. Do not assume where

- **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.

GPFC COACHES & MANAGERS MEETING 2021

- **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
- 1 st Offence – Written Warning
- 2 nd Offence – 2 week training ban (Failure to comply with the ban will result in a further Offence being recorded against the team
- 3 rd 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.
- [Goal Mouth policy](#)



WET WEATHER

- **WET WEATHER PROCEDURES**

- **TRAINING**

- The club website www.glenmoreparkfootball.com.au will contain information regarding field closures.
- Closures will be confirmed via club social media outlets by 4pm on the day.
- If Mulgoa rise has been closed by the Council, you **MUST NOT** use the fields. The club will incur fines if fields are damaged.

- **WEEKENDS**

- On game days, do not assume that all fields are closed if has been raining.
- We will update social media platforms on the day **field closures due to wet weather & will be updated by 7.30am on Saturdays and Sundays**

GPFC COACHING COMMITTEE

The coaching committee was formed to help coaches & offer assistance whenever needed.

Email: coaching.committee@glenmoreparkfootball.com.au

Daniel Armstrong – Presenter

Sharna Enman

Dean Glover

Matt Neville

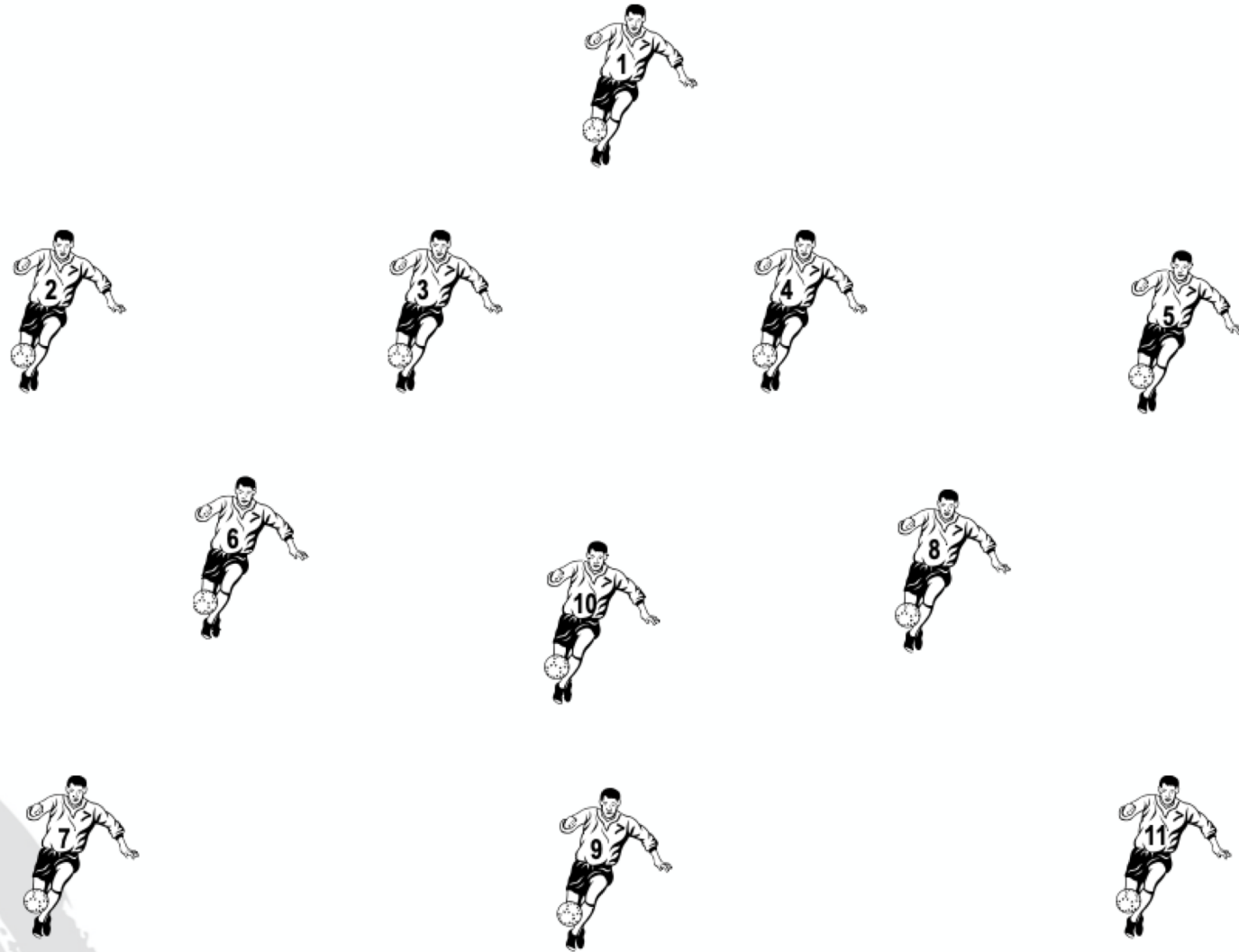
Graham Moore

Anthony Grbin

Jarrold Bone

Alan Lownds

The 1-4-3-3 formation



AGE: 9-13 SKILL ACQUISITION PHASE	
Role of the Coach	'To prepare players for team football by developing the functional game skills'
What parts of the model?	SEE BELOW

AGE: 13-17 GAME TRAINING PHASE	
Role of the Coach	'To prepare skilful players for performance phase football by teaching them to apply the functional game skills in a team setting'
What parts of the model?	SEE BELOW

OUTCOME	WIN MATCHES			
OBJECTIVES	SCORE GOALS		PREVENT GOALS	
METHODS	GET THE BALL AND YOUR PLAYERS INTO GOALSCORING POSITIONS		PREVENT THE OPPONENT GETTING THE BALL AND THEIR PLAYERS INTO GOALSCORING POSITIONS	
MAIN MOMENTS	BPO>BP	BP	BP>BPO	BPO
KEY PRINCIPLES		Effective Possession, Combination Play, Individual Skill		Win the ball back ASAP, deny time and space, limit scoring chances
TEAM TASKS		Basic Team Tasks		
PLAYER TASKS		General Only		
PLAYER ACTIONS	Positioning, First Touch, Running with the Ball, 1v1, Striking the Ball, Communicating		Positioning, Pressing, Marking, Intercepting, Tackling, Communicating	

Those parts of the model that contain grey text and shading are the elements that are introduced by **HIDDEN LEARNING**. These aspects of the game are not necessarily stressed and coached, but automatically built-in, especially in the 1v1 and small-sided game context.

OUTCOME	WIN MATCHES			
OBJECTIVES	SCORE GOALS		PREVENT GOALS	
METHODS	GET THE BALL AND YOUR PLAYERS INTO GOALSCORING POSITIONS		PREVENT THE OPPONENT GETTING THE BALL AND THEIR PLAYERS INTO GOALSCORING POSITIONS	
MAIN MOMENTS	BPO>BP	BP	BP>BPO	BPO
KEY PRINCIPLES	Immediate transition into BP positions	Effective Possession 1. Structured Build-Up	Immediate transition into BPO positions	Win the ball back as soon as possible
	Quick forward passing	Effective Possession 2. Controlled Possession In The Middle Third	Press the ball carrier immediately	Deny opponents time and space to build up
	Quick forward movement	Combination Play 1. Organised Opponent	Limit opponent's passing options	Limit opponents' ability to create scoring chances
	Make the field as big as possible	Combination Play 2. Disorganised Opponent	Make the field as small as possible	
		Individual Skill 1. To create scoring chances		
		Individual Skill 2. To convert scoring chances		
TEAM TASKS	(Fundamental Tasks to make the Key Principles happen)			
PLAYER TASKS	(General and Position-specific)			
PLAYER ACTIONS	Positioning, First Touch, Running with the Ball, 1v1, Striking the Ball, Communicating		Positioning, Pressing, Marking, Intercepting, Tackling, Communicating	

The Game Training Phase prepares players for the Performance Phase, so all the elements must be present. However, there should be a phased and structured development over the four years that this phase encompasses. This is covered in depth in Part Two of this manual

KEY POINTS:

We have looked at HOW FOOTBALL SHOULD BE PLAYED

Now we will look at HOW FOOTBALL SHOULD BE COACHED

The coach identifies Football Problems with the team's execution of the Playing Style

The main way we try to fix Football Problems is by TRAINING

First step towards putting Training into context: THE FFA BUILDING BLOCKS

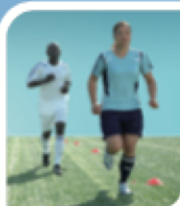
The Building Blocks clarify:

- What coaching football should be about at each of the four development stages.
- What parts of the FFA Team Model should be taught at each stage

AGE: 5-9 DISCOVERY PHASE	
Role of the Coach	'To facilitate the players' discovery of the objectives of football and the basic player actions required by providing a fun football environment'
AGE: 9-13 SKILL ACQUISITION PHASE	
Role of the Coach	'To prepare players for team football by developing the functional game skills'
AGE: 13-17 GAME TRAINING PHASE	
Role of the Coach	'To prepare skilful players for performance phase football by teaching them to apply the functional game skills in a team setting'
AGE: 17+ PERFORMANCE PHASE	
Role of the Coach	'To prepare successful teams'

FIFA 11+

PART 1 RUNNING EXERCISES • 8 MINUTES



1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. **Jog together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**



2 RUNNING HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets**.



3 RUNNING HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets**.



4 RUNNING CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets**.



5 RUNNING SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways towards each other to make shoulder-to-shoulder contact**.

Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land. **2 sets**



6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then run **backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets**.

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1

7 THE BENCH STATIC



Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets.**

8 SIDEWAYS BENCH STATIC



Starting position: Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.
Exercise: Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**

9 HAMSTRINGS BEGINNER



Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **1 set.**

10 SINGLE-LEG STANCE HOLD THE BALL



Starting position: Stand on one leg.
Exercise: Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets.**

11 SQUATS WITH TOE RAISE



Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets.**

12 JUMPING VERTICAL JUMPS



Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **2 sets.**

LEVEL 2

7 THE BENCH ALTERNATE LEGS



Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets.**

8 SIDEWAYS BENCH RAISE & LOWER HIP



Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**

9 HAMSTRINGS INTERMEDIATE



Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 7-10 repetitions and/or 60 sec. **1 set.**

10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER



Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg.
Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. **2 sets.**

11 SQUATS WALKING LUNGES



Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. **2 sets.**

12 JUMPING LATERAL JUMPS



Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent.
Exercise: Jump approx. 1 m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. **2 sets.**

LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD



Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. **3 sets.**

8 SIDEWAYS BENCH WITH LEG LIFT



Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**

9 HAMSTRINGS ADVANCED



Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 12-15 repetitions and/or 60 sec. **1 set.**

10 SINGLE-LEG STANCE TEST YOUR PARTNER



Starting position: Stand on one leg opposite your partner and at arm's length apart.
Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. **2 sets.**

11 SQUATS ONE-LEG SQUATS



Starting position: Stand on one leg, loosely holding onto your partner.
Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. **2 sets.**

12 JUMPING BOX JUMPS



Starting position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it.
Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. **2 sets.**

PART 3 RUNNING EXERCISES • 2 MINUTES



13 RUNNING ACROSS THE PITCH

Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets.**



14 RUNNING BOUNDING

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets.**



15 RUNNING PLANT & CUT

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets.**



GPFC COACHES & MANAGERS MEETING 2020

RESOURCES

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

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

<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-ofconduct/>

<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>

[The football coaching process](https://www.playfootball.com.au/sites/play/files/2021-01/The%20Football%20Coaching%20Process.pdf) <https://www.playfootball.com.au/sites/play/files/2021-01/The%20Football%20Coaching%20Process.pdf>

[Skills Acquisition Manual](https://www.playfootball.com.au/sites/play/files/2018-08/FOOTBALL_Skill%20Acquisition%20Manual_A4_Web_Single%20Pages%5BI%5D.pdf) https://www.playfootball.com.au/sites/play/files/2018-08/FOOTBALL_Skill%20Acquisition%20Manual_A4_Web_Single%20Pages%5BI%5D.pdf

GPFC COACHES & MANAGERS MEETING 2021

GAME ABANDONMENTS

- Should a team not be able to attend their match on a weekend.
- Please contact Nathan Moore compsec@glenmoreparkfootball.com.au 4 days prior
- 0449 767 444 (emergency use only) one day before or day of the match

GPFC CONTACTS

- [President](#) – Neil Ferrier
- [Secretary](#) – Sharna Enman
- [Competition Secretary](#) – Nathan Moore
- [Treasurer](#) – Sheryll Ferrier
- [Coaching](#)
- [MPIO](#) – Chris Barford
- [General enquiries](#) – Leah Lownds

- [Vice President](#) – Adam Culgan
- [Registrations](#) – Christine Neville
- [Canteen](#) – Kelly Watkins
- [Sponsorship](#) – Jason Briggs
- [Equipment](#) – Zach Pinch
- [Merchandise](#) – Robyn Enman
- [Cadet referee](#) – Stephen Dunworth

General Committee

Anthony Grbin
Christine Cecchi
Brianna Redmond
Matt Neville

● **END OF MEETING**