



St Patrick's FC  
Coaches & Managers  
Resource Manual  
2021

St Patrick's Football Club

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## INTRODUCTION AND WELCOME

On behalf of the St Patrick's FC Executive and General Committee I would like to welcome you to the 2021 football season. This season sees a slight decrease in teams from 50 to 49 and a decrease of 600 to 590 members. We thank all our returning members and look forward to another year of great football and welcome our new members and look forward to meeting you at Forest Rd or around the grounds during the season. We really thank all those that have offered to volunteer your time in taking on the role of coach or manager of one of the 49 teams representing your club this year.

The off season has seen Sutherland shire council following up on their promise to install drainage on the northern side of our field, this will hopefully reduce the amount of standing water onto the northern end allowing it to dry quicker and give us more field usage.

We have been able to continue our sponsorship with CLUB ON EAST and start a sponsorship with JD's On East. Through them we have been able to replace our have field size PVC goals with new Aluminium ones. These goals are lightweight and are easier to carry around and put together so it will be easier for the ground control volunteers to change over the fields more efficiently this year. The Club has also invested in new match balls, training balls and training equipment. The balls should be available prior to season commencement.

This year we hope to build on the success of last year having won 3 competitions – U16B boys, W16C and the O35D men's team. A really great achievement for the U16B, W16C and O35D teams, in which we were able to celebrate at CLUB ON EAST with catering by JD's. Congratulations to all who played for the Mighty St Patrick's FC last year and we look forward to welcoming you back again this year.

The full season draw will not be released until around Round 6 after the re-grading for competition teams has taken place and the mini-roo re-grading occur. All draws will be placed on the Facebook page once received. As with last year, overflow teams will be assigned to Waratah Lower 3 and the teams who draw that ground will have the ground allocation re-assessed mid-season to hopefully bring you back to Forest Rd for the second half of the season. There is the possibility that some of our competition teams will have to play away from Forest Road as well. Obviously, we will do all we can to ensure all our teams get some time at home.

The Club as always tries to accommodate all teams by having them play at Forest Road but we are at the mercy of the draw and the SSFA scheduling. We are fortunate to have two very good overflow grounds now with Waratah Oval Lower in fine condition and Kareela 2 an all-weather quality pitch. The Executive Committee would like to thank those teams that have chosen to train at Waratah Oval and pass on a request from the Council and SSFA to limit the traffic training at Forest Road. We hope that if you are able, that teams seriously consider the use of Waratah Oval for training as it is now a high-quality surface and would alleviate the wear and tear on Forest Road and allow our newish surface to last as long as possible during the wet winter months. The Club would like to welcome all new players and some old boys from the St Patrick's College returning to play for St Patrick's FC this year or playing for the first time for St Patrick's FC. We wish all our players a happy and successful season and we look forward to seeing you all around the grounds.

There will be a significant amount of information disseminated primarily via the Club Facebook page, the club What's app C&M, the Club website and via direct email. The Club recommends

that all members like the St Patrick's FC Facebook page - then you are guaranteed to be kept in touch with the latest and fastest breaking information regarding what's happening at the Club, changes to draws, wet weather notifications and Club endorsed and sponsored events. Specific activities will be made into an event on Facebook which notifies all who like the Facebook page about that event.

The club has provided each team this year with a gear bag which contains team jerseys, match balls and this resource manual and 2021 rule book for your respective age groups. The information contained in this resource manual has been developed to assist you in your position as coach or manager.

Should you require any support throughout the year a list of committee members and their contacts has been included within this resource manual, and please do not hesitate to contact any of us to discuss any issue relevant to the Club, your team or player welfare.

In terms of communication, ALL information will be uploaded onto the St Patrick's FC Facebook page FIRST, then C&M What's App Group, then to the Clubs website [www.stpatricksfc.com.au](http://www.stpatricksfc.com.au) . The Facebook page will be updated first then the other forms of Club communication. To contact the committee please utilize the email addresses in the contact page or contact me directly at [president@stpatricksfc.com.au](mailto:president@stpatricksfc.com.au)

The Club would ask you and the members of your teams parents/guardians to please familiarise yourself with the Sutherland Shire Football Association website that is used to disseminate field closures and other important information and is the location of the Codes of Conduct. It is important that players, coaches' parents and spectators abide by these codes.

The St Patrick's FC Executive and Committee will generally be meeting on the first Monday of the month (unless otherwise notified on the Facebook page) at 7:30pm here at Forest Rd Clubhouse. These meetings are open to all Football club members over the age of 18 and they provide a forum in which to raise any areas of concern or provide suggestions on how the club could be better run. Dates and times of meetings will appear on the Facebook page and website as a reminder.

The Executive and Committee wish you all the best for the season and again thank you for volunteering your time to coach one of the teams representing St Patrick's FC.

Looking forward to seeing you on the field

Rob Bunin

President

St Patricks Football Club

## CODE OF CONDUCT

The Sutherland Shire Codes of Conduct are included in this manual. Could I ask you to take your time to familiarise yourself with the following codes of conduct. In addition it is important that player's parents and spectators are also aware of them.

All players, spectators, parents, coaches, managers and committee members are reminded that many of the officials we have at our games are sometimes of a very young age. Criticism and sledging from both on field players and from the sideline will not be tolerated where the club may need to take action if deemed serious enough.

All club members are encouraged to report any incidents to the committee who will in turn pass this complaint onto the appropriate senior club official. Any team/player who appears before the Association for inappropriate behavior may also receive further discipline from St Patrick's FC Executive.

## CHILD PROTECTION POLICY

All Coaches and Managers as well as those assisting in child related activities, such as training will be required to complete a working with children check as a volunteer with St Patrick's FC.

**All WWC checks need to be provided to the Club by no later than 4<sup>th</sup> April 2021 as Football NSW has indicated that club audits will be undertaken this season.**

Please forward the WWC number to [wwc@stpatricksfc.com.au](mailto:wwc@stpatricksfc.com.au)

When sending WWC check also need the following information:

- Legal Name
- Date of Birth
- WWC number and the expiry date of WWC

The Working with Children (WWC) Check is a Government requirement that applies to persons who work or volunteer with children (Under 18). It checks the background of persons who work or volunteer with children in sport clubs, schools, child care centres, community groups etc.

For more information on how to obtain your WWC Check please click on the link <http://www.footballnsw.com.au/index.php?id=665>.

As part of St Patrick's FC risk management the executive supported by the committee will require every Coach and Manager as well as any assistants involved in under 18's to obtain a WWC online and submit through the RMS. Any breaches or concerns in relation to Child Protection should be escalated immediately within the club.

## WHATS APP COMMUNICATION

As we continue to evolve the best way to message our senior and junior team we successfully used "whats app" as a prompt message forum

Please see attached CR codes for both our junior and senior coaches, if you are already in these groups no need to re join

In addition we encourage that you set up your own groups with the your players



## StPat Junior Coach/Manage

WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group



## StPat Senior Coach/Manage

WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group

## SOCIAL EVENTS

The Club will circulate a Calendar of important dates for the season with particular attention placed on the following events:

### St Patrick's FC Annual Dinner – TBA 2021

Watch this space!! This year the Club has decided to change things up for the yearly Club function. We will communicate options for this to the teams as the season progresses. We would encourage all members to participate and come with your team or other members of the Club in this function and share in the St Patrick's FC family celebration.

### Junior Presentation Day

The junior presentation U6's – U16's will be held on a Sunday in October 2021. The presentation will be in a similar format to previous years as a picnic day at Forest Rd with free activities for the kids and free sausage sizzle and drinks for the junior St Patrick's FC players. The canteen will be in operation as per previous years for BBQ meals for mums and dads ,lollies for the little ones should you not wish to cater for yourself and there will be the usual water slides, jumping castles and petting zoo.

### Mother's Day Raffle 2021

We will again be running the Mother's Day raffle. The tickets will be on sale from Forest Rd during the weeks leading up to the Mother's Day weekend. We hope you will continue to support this fundraising activity and give the Mum's of the club a welcome surprise.

## TEAM PHOTOGRAPHS –Date 17 and 24th July

The photos are being taken by RG Photography this year. Please ensure you let your players know so that we can get photos of all our players in their team groups. For senior teams that would like a photo, please contact the Club Secretary to organise a time on either of those dates.

## UNIFORMS

The clubs uniform officer for 2021 is Megan Cheadle. The last uniform night will be on the Sunday 28th March 2021 2-4PM ,for people who require additional socks and shorts and we will be at Forest Rd with stock available in the canteen .

All teams have been provided with their jerseys (or the away jerseys for teams that are awaiting sponsored shirts) supplied in kit bags to be handed out this evening. Naturally children and adults come in different shapes and sizes and jerseys have been allocated to teams generally based on age. Some teams will be wearing sponsored jerseys this year. If you require additional jerseys due to increased numbers in your team or you require some different sizes please contact Megan via the email address in the committee contacts [uniforms@stpatricksfc.com.au](mailto:uniforms@stpatricksfc.com.au).

All jerseys are owned by the club so please ensure they are kept clean and in good condition. Please remember at the conclusion of the season the manager for each team must ensure all jerseys are collected and returned to the club washed and in the kit bag with other items that were issued.

**At the end of the year pending it being clean and presentable, \$16 will be returned to all U6 -11 and \$24 for each full side shirt which is returned in a reasonable time line post season end.**

All kit bags, jerseys etc. need to be returned to the club by the weekend after the regular season finishes. If you are unable to make this weekend then the final collection will be the Sunday 25th September 2021.

All players of St Patrick's FC must wear the nominated club uniform which includes shorts and socks. A limited supply of shorts and socks will be available for purchase from the canteen at Forest Rd on game days.

All players must wear protective shin guards. No jewelry to be worn whilst playing.

Please note that there has been a relaxation of the undergarment/thermal rule. Items worn under the playing uniform must be of the same group of basic colors as the corresponding part, (Therefore Black for St Pats). In the event that a player wears undershorts or tights and they are not the predominant colour of the player's shorts referees may ask the player to remove the undergarment. The shorts should cover a reasonable amount of the undershorts and tights. In the event a player is wearing a short sleeve shirt a long sleeve shirt worn under the players uniform must be of the same visual appearance as the as the long sleeve shirt worn by other players in the same team.

Below is the official St Patrick's FC uniform for 2021. This is the official St Patrick's FC uniform with the 2021 Alternate player shirt. This strip will be required when the St Patrick's FC teams play each other - the W14B's. The home team wears the change strip in that round.



## EQUIPMENT

Each team will be supplied with a match ball and training balls. The balls will be provided prior to the season commencement should your team require any additional training resources or replacement training or match balls please contact the Club Secretary, Alan Phillips via email at [secretary@stpatricksfc.com.au](mailto:secretary@stpatricksfc.com.au).

Additional balls for training nights along with field markers and other material will be in the Forest Road equipment room or Waratah storage container. It is expected all equipment to be returned after the training sessions and stored neatly.

Like the club jerseys, it is important that all teams return all balls and training resources at the conclusion of the season. Last year we introduced a checklist which coaches and managers signed at the beginning of the year and proved beneficial when it came to auditing the items returned and the end of the season. Please ensure you fill this out on collection of your supplied equipment and uniforms.

## TRAINING TIMES

St Patrick's FC has been allocated Kirrawee Oval (Forest Rd) from 4th April 2021 and Waratah Oval (Lower) from 22<sup>nd</sup> March 2021 for training and Forest Road and Waratah lower for game days. Mini-roo Age group training will be undertaken on Thursday afternoons and evenings at Waratah Lower from 5.00pm until 7.00 pm.

Teams above U11 will be allocated a training time for your team based on your preferences submitted and the ground availability on the day and time of your request. All training clashes or request for changes to allocated training times need to be reported as soon as possible to the team roster coordinator to Jhoa @ [teamrosters.stpatricksfc@gmail.com](mailto:teamrosters.stpatricksfc@gmail.com)

The training schema has been completed and is attached. If your request was submitted and is not on the schema, please re-submit your request to the Secretary and we will do our best to fit your original request into the schedule but also supply an alternate training time. If you have not sent a training request to the Secretary, please do so as soon as possible as training slots are full. Please do not share the training schema information with other clubs as it is possible that they may encourage some of their teams to utilize vacant times on vacant pitches that aren't being utilized by St Patrick's FC.

It is important that you only train on the day and at the time allocated. Whilst we have the use of Forest Rd and Waratah Oval, most midweek days are at maximum capacity. There should only be 4 senior teams allocated to the same time on the same day at the same ground but we have had to stretch to 5 teams due to the popularity of Thursday night for training at both Waratah and Forest Rd at the start of the season.

If you wish to seek an alternate night please advise Jhoa once you see if those Thursday nights work for you. If you want an additional training day, your team will have to identify a day and time that is vacant on the training schema and inform the Secretary who is responsible for the training schema.

If you need to change your training time you will need to contact the Jha on [teamrosters.stpatricksfc@gmail.com](mailto:teamrosters.stpatricksfc@gmail.com)

Under no circumstances are teams to train on any oval if it is closed (please abide by the wet weather rules through Sutherland Shire Council wet weather line 9710 0105, or the SSFA and the Club Facebook page and website. Teams training at Waratah oval on Tuesday and Thursday nights will need to turn the lights on and off again when finished training. Keys for the Waratah lights are kept in the lock box at the ground on the container. The lights at Forest Rd are on a timer but will be turned off on Friday night to reduce the electricity charges in line with Council requirements this year as electricity prices are about to rise significantly so please do not leave the lights on at Waratah. .

For all junior teams we please request that parents are there to collect their child at the completion of the age training or your teams allocated training times. Please do not leave the coach or manager having to wait additional time after training. If parents can't get their child from training it is hoped that they are able to arrange an alternative option. Having said this no young child should be left unattended before, during or after training or games at either of our grounds or any oval. Stranger Danger rules apply at all Council grounds and facilities.

## CLUB COACH

The Club Coach position is held by Brett Rudzis. . Brett has initiated the age training concept successfully and provided weekly updates and downloads for new coaches as well as visiting teams to assist with training drills for older teams when asked for assistance. Brett will explain the information further tonight at the Coaches and Managers information night. Should any coach (new or seasoned) like some information, advice or guidance please do not hesitate to contact Brett or the Executive at either [clubcoach@stpatricksfc.com.au](mailto:clubcoach@stpatricksfc.com.au) throughout the year coaches and managers will have access to upcoming courses as well as valuable resource material.

## SUTHERLAND SHIRE FOOTBALL FIELD LOCATIONS

These are available on our website and also the SSFA website.

- [www.stpatricksfc.com.au](http://www.stpatricksfc.com.au)
- [www.shirefootball.com.au](http://www.shirefootball.com.au)

## MATCH TIMES

The weekly draw will be available on the Club Facebook page and the SSFA website. There may be amendments to your original game time so please remember to check regularly for any changes on the Club Facebook page or your Coach and Managers email address. However, with any changes to the original published draw the SSFA will send through an amendment to the club and we will notify the respective team/s contact person's immediately

## WET WEATHER PROCEDURE

Wet weather procedures are contained within the SSFA rule book and also located on our club website. Oval inspections are carried out by the Club's wet weather inspectors early on Saturday and Sunday mornings and they will provide feedback to the association regarding the field's fitness for play.

The Association will post wet weather changes onto their website [www.shirefootball.com](http://www.shirefootball.com) and inform club contacts of any changes in venues and times of any effected teams. **As soon as possible we will post any changes to our team's games on the Facebook page and then the website.** Please do not ring the club or canteen if games are cancelled the Club will contact the teams scheduled for earlier games first. If you have not heard anything you should assume that the

## MATCH SHEETS

Rules that cover match sheets can be found in page 22 of the 2017 Sutherland Shire Football Association Rule Book and By Laws. The most important components of the Match Sheet is ensuring that the registered players names, ID number and shirt number (if applicable) appear on the match sheet. At the completion of the game the match sheet must be signed by the Coach or Manager of both teams to confirm the score. If agreement cannot be reached on the score or the identity or eligibility of any player, then the sheet is still to be signed and a notation recorded and signed on the back of the match sheet.

If you fail to sign the match sheet, fill in the coach or managers name, or supply the names of the nominated ground controllers for the fixture on the match sheet - **finer will be imposed** on clubs that fail to have match sheets signed by the Coach or Manager or delegate. If there are any incidents or discrepancies at any game please inform the Cub Secretary or President ASAP.



## INJURED PLAYERS

An accident report form **MUST BE** completed for any injury to a player. Injuries sustained at the game must be reported immediately. The forms are located at ground control at all fields. Please complete the form and attach it to the match sheet. This is then forwarded to SSFA.

The incident must also be advised to our club secretary by email as soon as possible after the incident. Injuries sustained at training need to be advised to the club secretary by email as soon as possible. If an insurance form is required, please contact the club secretary.

## 2021 LAW OF THE GAMES – AMENDMENTS (FULL FIELD - UNDER 12 AND UP)

If you have watched any football competition that kicked off after 1 July 2016, you would have noticed that several laws have changed. Some are obvious (like the new kick-off rule) but most only occur occasionally.

These changes will apply to SSFA and FNSW competitions from 2017 onwards.

1. **Kick-offs** can now be kicked in any direction (backwards or forwards).
2. **The end of "triple-punishment"** for denying a goal scoring opportunity (penalty kick, send-off and suspension). This will only apply where a defender makes a genuine attempt at winning the ball in a tackle inside the penalty area and fouls the opponent without committing serious foul play.  
Such fouls will now be punished with a penalty kick and a caution (yellow card). Fouls denying a goal scoring opportunity outside the area have not changed. Fouls denying a goal scoring opportunity inside the penalty area that involve gamesmanship such as holding, pushing, pulling or making no effort to win the ball will still result in triple punishment. Tackles endangering the safety of opponents will still result in send offs no matter where they occur.
3. **Players injured during a foul that incurs a yellow card or red card** to the other player no longer need to leave the field to receive treatment (so long as the treatment can be done quickly).
4. **The ball must be stationary and then clearly move after being touched for all restarts.** This removes the ambiguity of whether the ball has been "touched and moved".
5. **Offside free kicks** are now to be taken from where offence occurred (even if now in own half). This means that players in an offside position in the attacking half when the ball is kicked by a teammate who then interfere with play will be penalised, and the free kick will be taken from wherever they interfere. Players who are in their own half when the ball is kicked are not in an offside position and still cannot be penalised.
6. **Dissent** – Players in all competition ages – U12 through to O45 will be sin binned for dissent offences. For games of a duration of 60 minutes a player will be asked to leave the field of 5 minutes duration. For a game of 90 minute duration a player will be asked to leave the field for 10 minutes for **EACH DISSENT – UP TO TWO OFFENCES**. Yellow cards will not be issued for dissent.

A player who serves TWO temporary dismissals for DISSENT will take no further part in the match after serving the second period of TEMPORARY DISMISSAL. If this player has NOT been cautioned with a Yellow Card the team may be able to substitute the player after the SECOND period of TEMPORARY DISMISSAL has been served. If the Yellow Card has been received the player cannot be substitute

# 2021 SSFA PROGRAM



14.10.20

## COMPETITION DATES 2021

	<u>SATURDAY</u>		<u>SUNDAY</u>		
<b>ROUND</b>	<b>1</b>	10 APRIL	<b>1</b>	11 APRIL	SCHOOL HOLIDAYS
	<b>2</b>	17 APRIL	<b>2</b>	18 APRIL	SCHOOL HOLIDAYS
	<b>3</b>	24 APRIL		25 APRIL	ANZAC DAY
	<b>4</b>	1 MAY	<b>3</b>	2 MAY	
	<b>5</b>	8 MAY	<b>4</b>	9 MAY	
	<b>6</b>	15 MAY	<b>5</b>	16 MAY	
	<b>7</b>	22 MAY	<b>6</b>	23 MAY	
	<b>8</b>	29 MAY	<b>7</b>	30 MAY	
	<b>9</b>	5 JUNE	<b>8</b>	6 JUNE	
	<b>10</b>	12 JUNE	<b>9</b>	13 JUNE	
	<b>11</b>	19 JUNE	<b>10</b>	20 JUNE	
	<b>12</b>	26 JUNE	<b>11</b>	27 JUNE	SCHOOL HOLIDAYS
	<b>13</b>	3 JULY	<b>12</b>	4 JULY	SCHOOL HOLIDAYS
	<b>14</b>	10 JULY	<b>13</b>	11 JULY	SCHOOL HOLIDAYS
	<b>15</b>	17 JULY	<b>14</b>	18 JULY	
	<b>16</b>	24 JULY	<b>15</b>	25 JULY	
	<b>17</b>	31 JULY	<b>16</b>	1 AUGUST	
	<b>18</b>	7 AUGUST	<b>17</b>	8 AUGUST	
<b>SEMI FINALS</b>	<b>20</b>	14 AUGUST	<b>20</b>	15 AUGUST	
<b>FINALS</b>	<b>21</b>	21 AUGUST	<b>21</b>	22 AUGUST	
<b>GRAND FINALS</b>	<b>22</b>	28 AUGUST	<b>22</b>	29 AUGUST	

**\*\* N.B. Spare Days – Monday Long Weekend 14 June**

## TRAINING PLAN – 2021

We appreciate all help for coaches/managers who volunteer to help this year. Last year was our first year of providing coaches with weekly Football Federation Australia (FFA) drill sessions for each team in ensuring a consistent approach all teams and ages.

We now want to build on this further this year and have the teams in relevant ages train at the same time.

This will:

- Allow coaches to work with each other in sharing ideas and running sessions together;
- Ensure players form friendships with all players in the ages and not just one team. This is important in younger years as team's sizes get bigger as they get older
- Allow consistent approach to player development.

We have three time slots for training sessions for the junior ages, Under 6 to Under 13 and will be **Thursday afternoon and evening**. Training can commence on **Thursday 1<sup>st</sup> April 2021 at Waratah Oval**.

**Brett Rudzis - Club Coach will be in attendance** for setup and aiding throughout the sessions.

Training is held at set times to better support coaches, organise equipment and create a fun atmosphere for the kids. It also allows teams to train together if low on numbers and/or play games against each other at training.

Session times:

	<b>Ages (Boys and Girls)</b>
<b>4:30pm to 5:15pm</b>	U6,U7,U8
<b>5:15pm to 6:15pm</b>	U9,U10,U11
<b>6:15pm to 7:45pm</b>	U12,U13

We understand due to work commitment or other priorities that the above may not be preferred options but the Club is trying to ensure a consistent approach to player development across age groups and allows teams in the same age groups to interact together regularly. We appreciate the understanding on this and are happy to discuss options with individual teams should there be a conflict.

## BACKGROUND OF FOOTBALL FEDERATION AUSTRALIA FFA RESOURCES

All training sessions at St Pats Football club are to be based on the FFA curriculum. This program is designed based on development of the player as they progress through the ages.

FFA Building Blocks	Training Focus	Ages	Players on Field	Competition Table
The Discovery Phase	1V1 Running with Ball Striking Ball	6	4 (no keeper)	No
		7	4 (no keeper)	No
		8	7 (inc Keeper)	No
		9	7 (inc Keeper)	No
Skill Acquisition Phase	First Touch 1V1 Running with Ball Striking Ball	10	9 (inc Keeper)	No
		11	9 (inc Keeper)	No
		12	11	Yes
		13	11	Yes
Game Training Phase	Technical	14	11	Yes
		15	11	Yes
Performance Phase	Technical	16	11	Yes
		17	11	Yes
		18	11	Yes
		21	11	Yes
		All Age	11	Yes
		Over 35	11	Yes
Over 45	11	Yes		

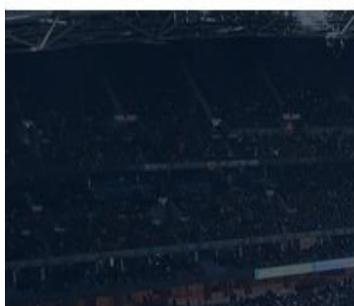
Location of FFA material: <http://www.ffacoachingresource.com.au/>

All coaches will receive reminder email and link each Sunday/Monday on the weekly drill sessions (eg) <http://www.ffacoachingresource.com.au/the-building-blocks/the-discovery-phase/training-program/week-1/>

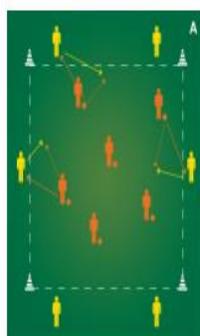
SESSIONS THIS WEEK:

FIRST TOUCH SESSION 1 >

STRIKING THE BALL SESSION 1  
(SHORT PASSING)



# STRIKING THE BALL SESSION 1 (SHORT PASSING)



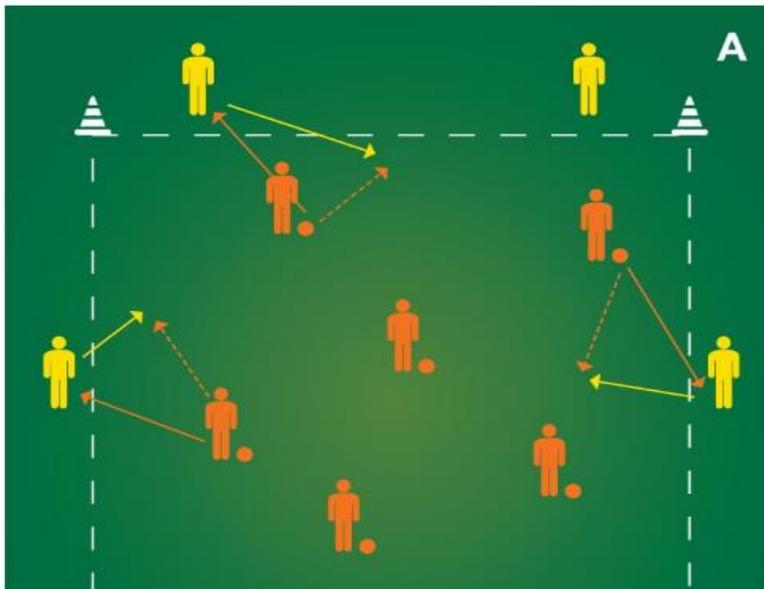
SKILL INTRODUCTION: STRIKING THE BALL SESSION 1

# SKILL INTRODUCTION: STRIKING THE BALL SESSION 1

INTRODUCTION

PROGRESSION

CONCLUDING GAME



In a grid of approximately 20m x 20m (dependent on group size) half of the players position themselves outside the grid without a ball and the other half with a ball inside.

The players inside the grid dribble freely until they can pass to a 'free' player on the outside who then passes the ball back to the same player (see diagram A)

Change roles every two minutes, players must use left / right foot on coaches call i.e. 2 min left foot only; then 2 min right foot only.

## POSSIBLE COACHES REMARKS

"Only pass the ball when the passing line is 'open' and make sure someone else is not passing to that player at the same time"

"Pass the ball precise and with the right speed"

"Look where you run when asking for the ball back and make an angle for the return pass"

*Website has further details on each session to prepare for it. I would suggestion 30 minutes would be sufficient time to prepare for the session and print/take summary notes.*

## TRAINING NIGHT LAYOUT

The training night layout has been adjusted this year and will be supplied to you electronically prior to the first round.

## DUTY

Each team will be required to fulfill duty responsibilities throughout the year with teams playing on Saturdays being responsible for duty when playing at home on that day and teams who play at home on Sundays like wise.

### Saturday Duty:

This season we will continue with our programme which worked well last year , We will divide the day up into three tranches 7-10:30 , 10:30-13:30 and 13:30 till close It is anticipated that each team will have to do this at least three throughout the year .U6/7 teams will be grouped with another team

Duties include ground setup, ground control, canteen, BBQ and pack up. It is expected that all teams ( two teams if u6/7) will supply at least five adults . The Roster for duty will be coordinated by the Saturday duty coordinator [saturdayduty@stpatricksfc.com.au](mailto:saturdayduty@stpatricksfc.com.au).

When your team is allocated for duty it is generally the responsibility of the manager to create a roster amongst the parents in the team and to allocate duties and times evenly amongst the parents/guardians. If two teams are allocated to duty at the same time it is appropriate to liaise with the other team to ensure the responsibilities are shared evenly. It may be that the parents of one team can undertake duty whilst the teams' parents are watching their child's game. The team/s rostered to duty will be posted on the website as well as being directly emailed to the relevant coaches and managers.

This season we will try to have a committee person also rostered on duty at the field for Small Sided Game time to assist with any queries. This committee person will also have the responsibility to complete a ground checklist. This is a standard requirement of all affiliated clubs with FNSW as evidence to maintain currency of their insurance policy.

Duty responsibilities should not be left the sole responsibility of the coach and manager. It is expected that duty will mainly be completed by parents or guardians of the players as coaches and managers are already committing a significant amount of their time.

### Sunday Duty

Teams will be rostered on for a full day on Sundays for duty with up to 5 teams playing at home each week. Therefore Sunday teams will do more duty time than the Saturday teams. In addition the Sunday teams will usually be rostered to duty during the time they are playing so it is important to ensure the necessary numbers are available to fulfill the responsibilities of duty. Sunday duties this year will include completing the ground checklist as well as ground setup, ground control, canteen, BBQ and pack up. The roster for duty on Sundays will be coordinated by the Sunday duty coordinator [sundayduty@stpatricksfc.com.au](mailto:sundayduty@stpatricksfc.com.au).

Each day will require, at least one person on BBQ, one in canteen at all times and 2 people on ground control and at least 5 people to pack up the posts and other game day equipment. An **adult team or Club member** must be present in the canteen at all times and under no circumstances is the canteen to be left unattended or in the presence of anyone under the age of 18 at any time. All money handling procedures are to be followed as instructed at all times.

Set up and take down requires at least five people. Small Sided Football setup will require a few parents at the end of each SSF timeslot to assist in altering the field setup.

A committee person will be contactable at all times and any problems should be directed to them. They are also available to offer advice, however, it is the responsibility of the team manager to ensure that the roster is totally covered at all times. Anyone doing duty must be part of the team on duty or the partner or spouse and must be at least 18 years old. No one under the age of 16 is allowed in the canteen to maintain our insurance coverage.

The duty roster will be published on the Facebook page website as well as emailed to the relevant contacts. It is your teams' responsibility to make sure you are on time for duty and that you have enough resources to do duty.

## REFEREES

It is hoped that the majority of our games, particularly the senior teams will have an SSFRA appointed referee. Whilst referee numbers are down this year the Sutherland Shire Football Referees Association have said that instead of having Assistant Referees appointed to games along with a referee they will endeavor to allocate those AR's to games instead. To see if your game has a referee appointed or not you can view games that are uncovered by visiting the SSFRA website [www.ssfra.org.au](http://www.ssfra.org.au) If you have not been allocated a referee it will be necessary for you to find one if it is your home game. We do have a number of accredited referees within the club who may be available to cover your game. The club will attempt to also view the uncovered games to see if we can get the game covered before kick-off.

Games from Under 10's down will not have an association referee appointed. Most Mini-Roos games (U6-U11) generally have a Mini-Roos referee appointed who are usually junior players of the home club – remember these kids are learning too and will make mistakes as they develop; all coaches and managers need to remember that Mini-Roos is not competition so results aren't as important as learning, playing participating and having fun.

## CLUB MEETINGS

Club meetings are held on the first Monday of each month during the season and are advertised on the Club Facebook page and website. Agenda items should be forwarded to the secretary at least 48 hours prior to the meeting. Unless a representative is at the meeting to talk to the agenda item or detailed information hasn't been provided prior then it is unlikely the item will be discussed. All club members are encouraged and welcome to attend.

Issues relating to the running of the club will only be discussed at the monthly meetings. This is only forum that issues will be discussed.

## SMOKE FREE ENVIRONMENT

As from the **7 January 2013** smoking has been banned in spectator areas at public sports grounds and other recreational areas in NSW. However, smoking will only be banned when an organised sporting event is being held. Major sporting facilities are included under the definition of a public sports ground and will be required to comply with the new law. Other outdoor sporting facilities, such as Local Council playing fields, are also covered by the new law.

The smoking ban applies during the entire duration of the organised sporting event. This will include not just when the players are competing but pre- match and half time games and entertainment that form part of the sporting event.

Due to the vast array of different sports grounds and recreational areas, the new law does not require signs to be displayed to indicate that smoking is not permitted in spectator areas at sports grounds and other recreational areas during organised sporting events. Where possible, St Patricks FC will be displaying the appropriate non-smoking signage at Forest Rd.

NSW Health is responsible for the administration and enforcement of the *Smoke-free Environment Act 2000*. NSW Health Inspectors are authorised to enforce the ban at public sports grounds and recreational areas during organised sporting events. Penalties of up to \$550 apply to individuals who smoke in spectator areas at public sports grounds or other recreational areas during organised events.

## COMMITTEE LIST 2021

<b>Management Committee</b>			
Position	Held by	Contact Number	Contact email
President	Rob Bunin	0407 374 300	<a href="mailto:president@stpatricksfc.com.au">president@stpatricksfc.com.au</a>
Vice President	Richard Phillips	0401 992 687	<a href="mailto:vicepresident@stpatricksfc.com.au">vicepresident@stpatricksfc.com.au</a>
Secretary	Alan Phillips	0400 430 797	<a href="mailto:secretary@stpatricksfc.com.au">secretary@stpatricksfc.com.au</a>
Assistant Secretary	Megan Cheadle	040266465	<a href="mailto:secretary@stpatricksfc.com.au">secretary@stpatricksfc.com.au</a>
Treasurer/Public Officer	Justine Dibley	0418214328	<a href="mailto:treasurer@stpatricksfc.com.au">treasurer@stpatricksfc.com.au</a>
Senior Registrar	Louise Richardson	0411511969	<a href="mailto:senior.registrar@stpatricksfc.com.au">senior.registrar@stpatricksfc.com.au</a>
Junior Registrar	Donna Holmes	0403123018	<a href="mailto:junior.registrar@stpatricksfc.com.au">junior.registrar@stpatricksfc.com.au</a>

## General Committee

Technical Directors	Brett Rudzis	0499080622	<a href="mailto:clubcoach@stpatricksfc.com.au">clubcoach@stpatricksfc.com.au</a>
Canteen Manager	Kylee Jenkins Wendy Hunter	0418494274	<a href="mailto:canteen@stpatricksfc.com.au">canteen@stpatricksfc.com.au</a>
Uniform Officer	Megan Cheadle	0402664655	<a href="mailto:uniforms@stpatricksfc.com.au">uniforms@stpatricksfc.com.au</a>
Ground Manager	Anthony McDowell	0419273314	<a href="mailto:ground@stpatricksfc.com.au">ground@stpatricksfc.com.au</a>
IT & Website Support	Rob Bunin	0407374300	<a href="mailto:websupport@stpatricksfc.com.au">websupport@stpatricksfc.com.au</a>
Duty Roster - Saturday			<a href="mailto:saturdayduty@stpatricksfc.com.au">saturdayduty@stpatricksfc.com.au</a>
Duty Roster - Sunday	Megan Quinn	0419235843	<a href="mailto:sundayduty@stpatricksfc.com.au">sundayduty@stpatricksfc.com.au</a>
Mini Roo Ref CoOrd.			<a href="mailto:miniroomrefs@stpatricksfc.com.au">miniroomrefs@stpatricksfc.com.au</a>
Mini Roo Coordinator			<a href="mailto:miniroomcord@stpatricksfc.com.au">miniroomcord@stpatricksfc.com.au</a>
Child Protection Officer	Rob Bunin	0407374300	<a href="mailto:wwc@stpatricksfc.com.au">wwc@stpatricksfc.com.au</a>
Sponsorship	Richard Holliman	0404 237 198	<a href="mailto:sponsorship@stpatricksfc.com.au">sponsorship@stpatricksfc.com.au</a>
Functions Coordinator	Corinne Hoffmann	0418404645	<a href="mailto:functions@stpatricksfc.com.au">functions@stpatricksfc.com.au</a>
Fundraising	Vacant		<a href="mailto:fundraising@stpatricksfc.com.au">fundraising@stpatricksfc.com.au</a>
General Committee			
General Committee	Matt Hoffmann	0411 482 778	<a href="mailto:generalcommittee1@stpatricksfc.com.au">generalcommittee1@stpatricksfc.com.au</a>
General Committee	Corinne Hoffmann	0418404645	<a href="mailto:generalcommittee2@stpatricksfc.com.au">generalcommittee2@stpatricksfc.com.au</a>

# MEMBER PROTECTION POLICY ST PATRICK'S FOOTBALL CLUB

## POLICY STATEMENT

St Patrick's Football Club is committed to ensuring that the health, safety and welfare of all children and young people are maintained at all times during their participation as a player, coach, official, volunteer or spectator. This club as an affiliated member of Football NSW fully supports the Child Protection Policies and guidelines of this organisation and that of the Sutherland Shire Football Association Inc.

## WHY

The Child protection Act 1998 sets out specific legal requirements for all organisations involved with children and young people. St Patrick's Football Club supports this legislation and the need to ensure the safety and welfare of all children and young people.

## HOW

Child protection is an important responsibility of all committee members and a Member Protection Information Officer (MPIO) is appointed as a committee member responsible for child protection issues.

## ROLES OF THE CHILD PROTECTION OFFICER AND MANAGEMENT COMMITTEE

These roles are to:

- promote a safe and supportive environment for all children and young people
- implement strategies that focus on the best interests of children
- increase awareness of child protection issues to officials, parents and players
- ensure that all officials and parents are aware of their legal obligations under child protection legislation
- provide information to assist officials in dealing with all forms of child abuse
- provide guidelines to all officials on minimising risk
- provide guidelines to all officials on notification of child abuse
- ensure that all members are aware of the codes of conduct

## CODES OF CONDUCT

The philosophy behind the Member Protection policy is reflected within the Codes of Conduct for all members. These codes of conduct align all members with the values and ethics of Sutherland Shire Football Association. They state what is considered appropriate behaviour for ensuring the welfare of children and the good reputation of this club.

## Sutherland Shire Junior Soccer Football Association - Member Protection Policy - General Code of Behavior

A member of Sutherland Shire Junior Soccer Football Association, an affiliated club or a person required to comply with the association's member protection policy must meet the following requirements in regard to conduct during any activity held or sanctioned by SSJSFA.

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealing with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to providing quality service.
- Be aware of, and maintain an uncompromising adherence to high standards, rules, regulations and policies.

- Operate within the rules of the sport including national and international guidelines.
- Do not use your involvement with SSJSFA or an affiliated club to promote your own beliefs, behaviors or practices where these are inconsistent with those of SSJSFA or an affiliated club.
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age.
- Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
- Be aware of responsibilities under the Child Protection Act and report any matters as required under the mandatory reporting requirements of the Child Protection Act.
- Refrain from any form of harassment, discrimination or racial vilification of others.
- Refrain from any behavior that may bring SSJSFA an affiliated club or football into disrepute.
- Provide a safe environment for the conduct of the activity.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.

### **Sutherland Shire Junior Soccer Football Association - Member Protection Policy - Coach Code of Behavior**

In addition to SSJSFA's General Code of Behavior, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by SSJSFA, a member association or an affiliated club and in your role as a coach appointed by SSJSFA a member association or an affiliated club:

- Do not tolerate acts of aggression.
- Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
- Recognise players' rights to consult with other coaches and advisers.
- Cooperate fully with other specialists (for example, sports scientists, doctors and physiotherapists).
- Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
- Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
- Involve the players in decisions that affect them.
- Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
- Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the players.
- Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
- Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result.
- Avoid situations with your players that could be construed as compromising.
- Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
- Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your players.
- Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
- Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.

- Be honest and ensure that qualifications are not misrepresented.

### **Sutherland Shire Junior Soccer Football Association - Member protection Policy - Player Code of Behaviour**

In addition to the General Code of Behaviour, players must meet the following requirements in regard to their conduct during any activity held or sanctioned by SSJSFA or an affiliated club.

- Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
- Do not tolerate acts of aggression.
- Respect the talent, potential and development of fellow players and competitors.
- Care for and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- At all times avoid intimate relationships with your coach.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

### **Sutherland Shire Junior Soccer Football Association - Member protection policy - Officials/Administrators Code of Behaviour**

In addition to the General Code of Behaviour, all officials/administrators must meet the following requirements in regard to their conduct during any activity held or sanctioned by SSJSFA or an affiliated club.

- Place the safety and welfare of the players/participants above all else.
- Accept responsibility for all actions taken.
- Be impartial.
- Avoid any situation which may lead to a conflict of interest.
- Be courteous, respectful and open to discussion and interaction.
- Value the individual in sport.

### **Sutherland Shire Junior Soccer Football Association - Member protection Policy - Parent/Guardian Code of Behaviour**

Parents/Guardians of a player/participant in any activity held by or under the auspices of SSJSFA or an affiliated club, must meet the following requirements in regard to their conduct during any such activity or event:

- Respect the rights, dignity and worth of others.
- Remember that your child participates in sport for their own enjoyment, not yours.
- Focus on your child's efforts and performance rather than winning or losing.
- Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- Show appreciation for good performance and skilful plays by all players (including opposing players).

- Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age.
- Respect officials' decisions and teach children to do likewise.
- Do not physically or verbally abuse or harass anyone associated with the sport (player, coach, umpire and so on).
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Be a positive role model.

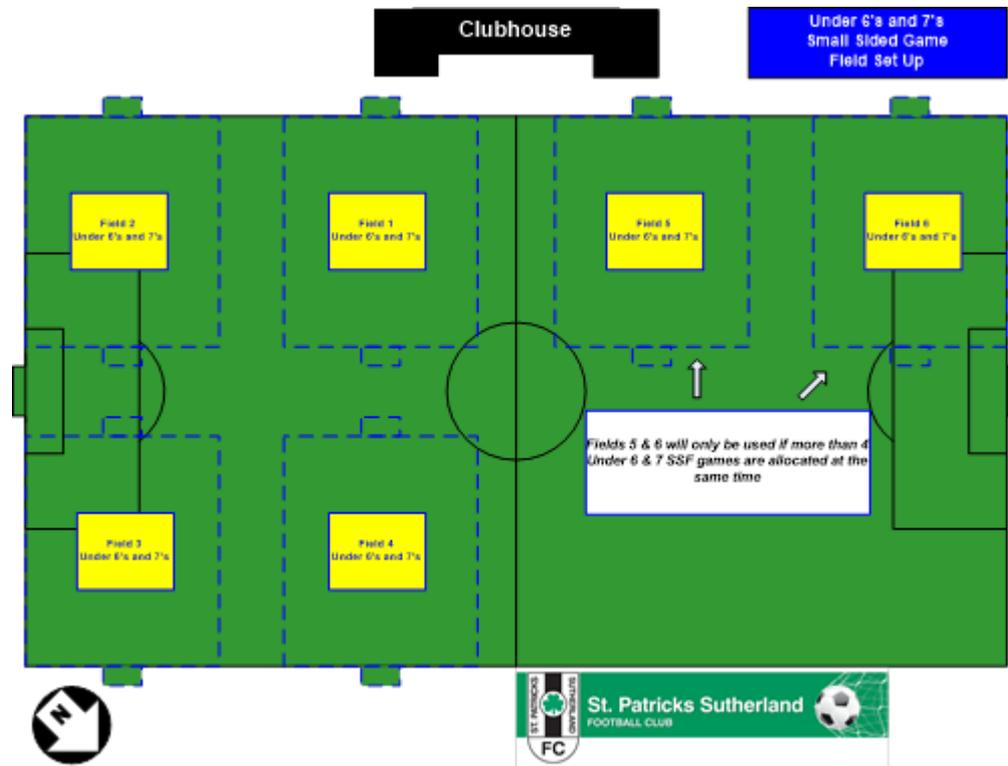
### **Sutherland Shire Junior Soccer Football Association - Member Protection Policy - Spectator Code of Behaviour**

As a spectator in any activity held by or under the auspices of SSJSFA a member association or an affiliated club, you must meet the following requirements in regard to your conduct during any such activity or event:

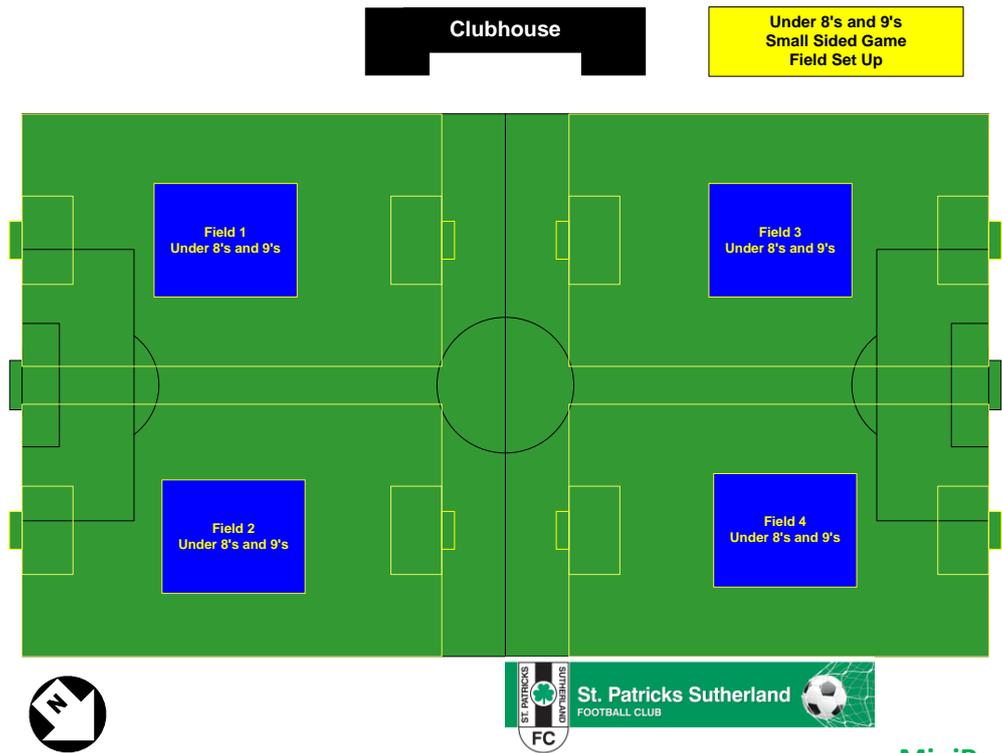
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by other spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Do not use violence, harassment or abuse in any form (that is, do not use foul language, sledge or harass players, coaches, officials or other spectators).
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

# GAME FIELD SET UP

## MiniRoo U6/U7 Small Sided Games



## MiniRoo U8/U9 Small Sided Games



## U10/U11 Field Setup

