



Season 2011



Bill's Philosophy

FUN, FUN and more FUN



PLAY FOOTBALL

MUST do lots of ball work, just because you can run all day does not make you a soccer player.

Let us develop the skills that we see in players like Messi, Ronaldo and Berbatov etc. We want to watch players who excite us, any one can kick a ball down the pitch. Let's see if we can teach the kids to pass it down the pitch. There is nothing wrong with the occasional long ball pass provided it is a pass and not just a big kick down the pitch.

DISCIPLINE

We the coaches set the discipline at the club and we need to set high standards and make the players rise to the standards we set. If we set low standards we get low performances, we must try and take all the players out of their comfort zones. As we all know that if we play outside our comfort zone we can do better. 90 mins training sessions; first 60 mins are the coaches; last 30 mins are the players - so as they can have a game. The game only happens when all that I have set out has been achieved. I try and make sure that the players always finish off with a game – after all that is what they are training for to play games of soccer.

REFEREE'S

All referee's and referee's assistants are as far as we are all concerned are GOD (or to whomever you believe in) and we do not argue with him.

PARENT'S

We need each and every one of you to encourage the players not coach, just encourage. Please leave the coaching to the coaches, as we do not wish to confuse the kids, which happen when everyone is shouting instruction to them. Again leave the coaching to the person whose job it is to coach.



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If you think the coach is wrong with his team selection, substitutions etc, keep it to yourself and if you wish to have a quiet word with him at a later date then do so. Straight after the game is the wrong time, wait till the next training session.

We should be encouraging both teams the referee and his assistants, we are here for the children to learn the game and part of that learning process is to abide by the rules of the game and adjudicated (regardless of whether we believe they are wrong or right) and also learn to respect the opposition.

DURATION AND FREQUENCY OF TRAINING

FFA NATIONAL CURRICULUM GUIDELINES

U6/U7: 1 Game + 2 Training sessions / week 45 – 60 mins No Stretching

U8/U9: 1 Game + 2-3 Training sessions / week 60 mins No Stretching

U10/U11: 1 Game + 3 Training sessions / week 75 mins Stretches in W/U

U12/U13: 1 Game + 3-4 Training sessions / week 75 mins Stretches in W/U

U14/U15: 1 Game + 4 Training sessions / week 75–90 mins Stretches in W/U

U16/U17: 1 Game + 4-6 Training sessions / week 90 mins Stretches in W/U

U18/U19: Min 1 Game + 4-6 Training sessions / week 90 mins Stretches in W/U

U16-U17-U18 and U19: Require CORE STABILITY EXERCISES.

I suggest that we at Peninsula Junior Soccer Club be aware that from the under 12 and upwards we have a number of players at schools, where it is mandatory to play school sport. They are also required to play for the school on Saturday mornings and may not be available at some stage for their respective teams. We also have a number of players at schools such as Rowville, where they play soccer every day and also play actual games at the school.

We must also take into consideration that parents may have other children and it may be difficult for them to get their child to all the training sessions.

It is also very important that we stick to the scheduled training times again parents may have to pick up other children and or have made other arrangements for the end of the training session.

I have always adhered to the two training sessions per week for the juniors with duration of 90 mins. I would like us all to try very hard to make sure that we finish on time – this is out of total respect that I must show to the parents as they show me the same in return.



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WE ARE NOT A WIN AT ALL COST CLUB.

If we were, I would not be here. We must at all times be aware that the young children and the older children are here to have fun. It is important that we set very high standards and that includes discipline, but we must let the children express themselves out of the pitch. There is nothing wrong with the coach shouting simple instructions to the players or telling them to push forward or get back behind the ball.

From the under 15's upwards I would start to apply a little bit more pressure on the players – this is more from a professional approach to the game and also what is expected at senior level and from senior coaches. For example:

- A. Must be on time for training and for the games.
- B. Explain how to take care of their body re hydration, what foods etc.
- C. Taking care of their equipment boots, shin pads any strapping they may require, if using screw in boots extra stops, etc.
- D. If injured, how the player is to take care of their injury. When and when not to turn up at training when injured. If they do turn up make sure they have permission to train from their physio or doctor.
- E. There will be no questioning of the referee's decisions - for all players no matter what age they are. My suggestion on this topic is very simple "If any player questions the referee, give him or her one warning and then after that take them from the game for 5 or 10 mins. Even if it means you play a player short for the period of time and if it costs the team the game, then so be it, and make sure you contribute the responsibility to the individual concerned.
- F. Lastly there are two types of players the social player who plays just so he can be with his friends and have fun. There is also the serious player who has dreams and ambitions to play soccer at a very high level. All sets of players deserve our utmost support, there is no wrong or right in this situation, it is just the way it is.

LASTLY BEFORE I FINISH THIS IS A FUN GAME LET US ALLOW OUR CHILDREN TO HAVE FUN – WE MUST MAKE SURE THAT WE SET VERY HIGH STANDARDS OF PERFORMANCE AND DISCIPLINE.

Regards Bill Rae 22/01/11.