

TEAM GRADING - 2017

The objective is to ensure that all teams that represent the Prahran Junior Football Club are competitive and are in the division or grade appropriate for the ability of the players in the team.

We propose that the attributes of the whole age group are considered when teams are placed in divisions or grades:

- The Prahran Junior Football Club understands the spread of ability across age groups and while a small group may be capable of playing a higher grade our preference is for their team to play in a grade appropriate to their team – this is to avoid the team being beaten every week and the club losing players;
- The club will endeavour to nominate as many children as possible to the relevant Interleague and Sandringham Dragons squads to provide those children that could play at a higher level the opportunity to play at a higher level; and
- Where this approach is inconsistent with the views of a family and their preference is for their child to play in a higher division, the club will work with the family to find an alternative club that will meet the needs of their child.

We propose that the division or grade an age group will play in will be determined by a Selection Panel for the relevant age group including the coach(s) of the team(s) in the age group, the Junior President, the Head of Football and the Coaching Co-ordinator.

TEAM SELECTION PROCESS

When we refer to Grading, we are not referring to giving a child a grade for their football ability, ie a, b or c, rather we are referring to the team grade or division in which they play. Grading of players to some number or letter scale is not part of the Proposed Player Development Model. We will assess each players stage of football development to determine which grade or division they are best suited to play in, so they can maximize their enjoyment, participation and continue to develop their football and life skills.

AGE GROUP

U8 – U11

Club encourages players to make new friends and to this end will endeavour to ensure an appropriate mixing of friendship groups. These teams will not be graded. Players will not be chosen on ability. Due to the typically high intake in these age groups players may need to be re-allocated in the second or subsequent year in these age groups. Accordingly, team composition may change from year to year in order to accommodate new players.

U12+

Players in these age groups will be subject to Grading where two or more teams exist. We propose that the team selection process for these age groups will include the following elements:

- Skill development process involves assessing each player's stage of development (shown in the table below). Process is very subjective with no formal assessment process used when assessing individuals;
- Coach's input and assessment of the players previous seasons performance;
- Training sessions for the particular age group will be conducted where a selection panel will observe and assess players;
- Performance in practice/inter club matches;

- Other criteria may be used as required and at the discretion of the relevant Selection Panel;
- Players may choose to play in a lower division or grade subject to a discussion with the relevant Selection Panel for the age group;
- Preliminary Teams to be selected prior to first round of SMJFL matches;
- Final Teams to be selected prior to Round 1; and
- Player movement will be encouraged throughout the season within any limits of player movement as per the SMJFL rules.

SQUAD NUMBERS

Registration numbers for season 2017 and onwards, will be capped at 26 players for 1 team and 52 players for 2 teams.

The reason behind the implementation of number caps is to maximise player enjoyment with a focus on developing the skills of all Prahran players.

Capping numbers ensures that we don't have excess players in one age group. Teams of 26 players ensures we are covered for injury, school personal holidays throughout the season. We acknowledge that this system doesn't eliminate rostering off players or borrowing players from other age groups in certain circumstances however, it does prevent the problem of over registration in one age group.

Current registered players are given the option to register for the following year before taking any new player registrations or transfers.

SKILL DEVELOPMENT

We intend to focus on developing the skills of players across the following areas:

Skills (1) Ball in hand	Skills (2) Ball out of hand	Training and game day factors
Knowledge of results and performance (KR & KP)	Game sense and knowledge	Position (individual)
Kicking –technique	Positional roles of players* - example role of a defender	Team structure (balance)
Handballing	Tackling*	Commitment to training
Marking – overhead and chest marking	Defensive pressure	
Ball winning ability	Ability within a contest	

* not applicable for certain age groups

The club will provide an open training session focused only on skills development for all players each week from the two weeks prior to the season and until after Round 5 of the season, thereafter the additional session will be once a fortnight.

SELECTION PANEL

U8+

The Selection Panel for each age group consist of the following:

- Head of Football;
- Coaching Co-ordinator;
- Junior president; and
- Team Coach(s) for the relevant age group.

No player movement will take place unless the relevant Selection Panel for the age group has given its approval.

TEAM TRAINING

Junior team sport is centred on participation, enjoyment, interaction with existing friends and the hope of creating new friends along the way. For this reason, we propose that all teams in a relevant age group train together for the whole year. This is intended to:

- Strengthen friendships among players in the same age group;
- Limit social separation between two teams in the same age groups;
- Increase the effectiveness of coaching;
- Decrease player coach/helper ratios; and
- Reduce poor player behaviour at training.

As a guide, after the first 40 minutes of a training session, teams within an age group may separate from core age group training to work on specific elements that may not apply to both/all teams in that age group.

PLAYERS POSITIONAL ROTATION POLICY

U8 – U12

We propose that the policy of the club be that children spend equal time over the season in the backline, the midfield, the forward line and the bench up to and including under 12's.

- The coach may choose to move players each quarter of a game or achieve equal time over the course of a season.
- It is expected that the coaching staff will monitor the movement of each child as evenly as possible through the four areas over the season.

U13+

We consider it appropriate from Under 13s and for the coaching staff of these age groups to have the ability to select positions with flexibility however, it is important for player development that they do not get negatively or positively allocated in one position due to their ability or physical attributes.

With that in mind, all players in teams from under 13's+ are expected to play in more than one position and more than one zone during the season; and it is expected that the coaching staff will monitor the movement of each child.

TIME ON GROUND

U8 – U12

In order that all players have the appropriate opportunity to actively participate and enjoy their participation in Australian Rules football at our club, each player should have $\frac{3}{4}$ of the game time on the ground every week. Where additional time is available it will be equally shared among players over the course of the season. The coaching staff will monitor the movement of each child as evenly as possible in order for this to occur.

U13+

Whilst the coaching staff of these teams will be provided greater flexibility, it is expected that each player should have $\frac{3}{4}$ of the game time on the ground every week.

It is also expected that rotation of players from the bench will take place with regularity so as to avoid a child spending an entire quarter on the bench.

PLAYING UP AN AGE GROUP

We propose the following:

- Players may be required to play in an older age group because of a lack of players in the older age group;
- No player can play in an older age group without the prior approval of the coaches of both applicable teams.

EXPECTATION OF PLAYERS

We propose the following:

- All players and parents are expected to adhere to all Prahran and SMJFL policies and rules;
- Players are expected to show respect to their coaches, their team mates, their opponents and the umpires; and
- The club will enforce appropriate sanctions on players that behave inappropriately during training or at games.

COMMUNICATION

The club will focus on ensuring there is a high level of communication between the Prahran Junior Football Club Committee, coaches, players and parents.

Players and parents will be formally advised of which team the child has been selected in. If a player or parent has any questions regarding team selection they can discuss the issue with:

U8 – U11 - the Registrar

U12+ - Head of Football Operations

Ongoing communication will take place in the following way:

- With the director of coaching;
- Parent and player surveys prior to the year and throughout;
- Coach(s) of teams Head of football and director of coaching to communicate regularly; and
- Members of the Selection Panel will endeavour to attend training sessions and matches throughout the year.

COACHING DEVELOPMENT MODEL FOR 2017

COACHING AT PRAHRAN JUNIOR FOOTBALL CLUB

We believe that:

- When a person puts up their hand to coach they are taking on a significant responsibility; and
- The coaching experience needs to be enjoyable for the coach and the children.

THE NON-NEGOTIABLES

We propose the following:

- The Coach must have necessary accreditation and “Working with Children” checks.
- The Coach must adhere to all the policies of the Prahran Junior Football Club and in turn the SMJFL.
- The club will not tolerate clubs within clubs; we are a community club and expect everyone to be held to the same standard.

THE COACHING TEAM

We propose the following:

- We believe the best model for coaching is as a team, rather than one isolated head coach.
- We encourage each coach to form a team made up of the following roles: the Coach, the Assistant Coach, the Interchange Person, the Runner, a Backline Coach, a Midfield Coach and a Forwards Coach.
- The minimum number we would see is four and the maximum is seven.

- The rationale is the burden needs to be spread to improve skill development.
- The coach is ultimately responsible for all decisions relating to the team.
- A coach needs to focus on the game and not player rotations, this can be done effectively by a person responsible for interchanges and the runner.
- A lone coach can only do so much with 24-26 children, however, with more people involved and with a degree of delegation, more can be achieved.
- The other benefit is it enables more people to be involved and broadens the group of candidates for future coaching roles.
- We would encourage as many in the coaching team (+ non coaching parents) to attend training.

WHAT THE PRAHRAN JUNIOR FOOTBALL CLUB WILL DO FOR YOU AS COACH

We propose the following:

- The club will provide a coaching manual to assist you plan your coaching.
- The club will enforce a respect for the coach philosophy.
The club will deal with any unruly or disruptive behaviour at training or on match day by a player (or the player's family members).
- The club will encourage the "team of coaches" model for each age group.
- The club will discuss with each coach their own development plan – what do they want to get out of the season?
- The club will enforce a cap on coaching one team – no more than two consecutive years, unless there are mitigating circumstances, ie no one else will do it.
- The club will make available the necessary support, such as apps or software, to assist you fulfil your requirements.
- The club will provide an open training session focused only on skills development for all players each week from the two weeks prior to the season and until after Round 5 of the season, thereafter the additional session will be once a fortnight.
- The club will provide a clear plan and support for preseason training – for the period four weeks prior to the season commencing.

WHAT THE PRAHRAN JUNIOR FOOTBALL CLUB WILL DO FOR YOU AS COACH

- The club will encourage communication between the coach, the players, the parents and the Prahran Junior Football Club Committee.
- The club will ensure that all teams in the same age group train together to share the load of coaching across the coaches in the age group.
- The club will organise regular coaches nights throughout the season to bring coaches together to discuss issues and to develop their knowledge.
- The club will provide some financial assistance to attend events that are consistent with development of the coach.
- The club will actively encourage coaches to work together and to share ideas throughout the season.
- The club will ensure that teams appropriately thank the coaches for their efforts during the year.