

Managers/Coaches Guidelines

Some Key Principles in Managing/Coaching

1. Motivate your players positively – it builds their self-confidence and self-motivation.
2. Praise and encourage your players and give them the freedom to express themselves.
3. Let the players make their own decisions on the pitch. You have already coached and guided them before the game, at training sessions and training matches. Avoid constantly instructing them on what to do during a match. Coaches must accept that mistakes are part of the game and part of player learning and development.
4. Focus on the quality of play (when attacking, defending and in transition) rather than on winning games.
5. Set development goals on what you want to achieve with your team/players. For example, today we are focusing on attacking play, defending, “closing down”, maintaining possession, passing, keeping your heads up etc.
6. Engage with your players by asking questions, getting their views and opinions. Talk and discussion will create awareness of their role.
7. Use language that is simple and age appropriate.
8. Demonstrate and participate in the training routines what you want them to do so they fully understand.

Club Ethos

In promoting “Sport for Fun” the Club will insist on:

1. Encouraging participation and fun.
2. Promoting the development of skills as opposed to winning at all costs.
3. Ensuring fair playing time for every player.
4. Emphasising and praising effort.
5. Acting as good role models.
6. Insisting on Fair Play.
7. Being realistic with our expectations.
8. Being aware of children’s feelings.
9. Teaching players to respect different cultures.
10. Teaching players that standards of behaviour are just as important as winning.
11. Encouraging respect for referees, opposition players and managers/coaches.
12. Not having permanent substitutes on any teams.

Match Day Protocol

Match results should be communicated to the Club Secretaries as soon as possible on the same day.

Two weeks’ notice must be given for game cancellations (max 2 per season)

Any incidents or accidents during games or training must be reported to the Club Secretary immediately. (e.g. managers/parents being sent from grounds by match officials, Red Cards, injuries to players or any other incident which the Youth Committee need to know about)

It is the Managers responsibility to ensure nets/corner flags are put up for games and taken down after games where appropriate and also to ensure goal posts are safe in accordance with FAI goal post regulations, When playing away, please check goal posts are securely staked down.

Travelling to Away Games

When travelling with young people Managers/Coaches must:

1. Ensure that you have adequate motor insurance cover in place.
2. Not carry more than the permitted number of passengers.
3. Ensure the use of safety belts & always keep to the rules of the road.
4. Never travel alone with one player.

Dealing with Injuries

1. Managers/Coaches should not treat injuries out of sight of others. Therefore, use a "Two-Deep" (two personnel, or two players) supervision system.
2. Only personnel who are qualified in administering First Aid or treating sports injuries should attempt to treat an injury.
3. The comfort level and dignity of the player should always take priority. Example: Only uncover the injured area or cover private areas of the player's body.
4. Any doubts of a medical nature should be passed on to a suitably qualified medical person.
5. Coaches must not play injured players.
6. First Aid Kits should be taken to all games. These should be adequately stocked.
7. Parents/Guardians should be notified of illness or injury which their children incur while participating in any Club activity.
8. All incidents should be recorded on an "Incident Report Form"
9. Any series injuries suffered by players must be reported immediately to the Club Secretary.
10. Managers/Coaches are asked to be familiar with the Club's Concussion Policy & Guidelines below.

Child Protection

1. No person representing the Club is permitted to instruct players in a manner that a child may feel intimidated or threatened during the course of a match and/or training sessions or whilst attending any other Club event.
2. Persons representing the Club should be sensitive to the risks involved in participating in contact sports or other activities.
3. While gentle physical contact may be considered a valid way of comforting, reassuring and showing concern for children, it should only take place in public view and when it is acceptable to all persons concerned.
4. No person representing the Club should ever physically punish or be in any way verbally abusive to a child, nor should they tell inappropriate jokes in the presence of children.
5. Club representatives should be sensitive to the possibility of developing favouritism, or becoming over involved or spending a great deal of time with any one child.
6. Children should be encouraged to report cases of bullying to either a Child Protection Officer, or a Club Representative of their choice. All concerns or complaints must be brought to the attention of the Schoolboy Committee immediately.
7. Everyone involved in the Club should respect the personal space, safety and privacy of individuals.

Player Contact

All managers/Coaches/volunteers of Marino A.F.C. FC are advised that:

1. Any necessary physical contact should be in response to the immediate needs of the child (such as First aid) and not the adult
2. It should be in an open environment with the permission and full understanding of the player
3. It should be determined by the age and developmental stage of the player. You should not do anything that a child can do for him/herself

Comforting/congratulating players - Guidelines:

1. Limit touching to "safe" areas, such as hand-to-shoulder, hand to hand.
2. Make your intention to congratulate or comfort clear to the player.
3. Avoid embracing players unless it's initiated by the player.
4. Respect a player's discomfort or rejection of physical contact.
5. Be sure that touching occurs only when others are present.

Guidance on Discipline and the use of Sanctions

Discipline in Soccer

Discipline in soccer should always be positive in focus, and it should therefore encourage players to become more responsible for themselves and their actions.

The use of sanctions is an important element in the maintenance of discipline. However, Coaches/Managers should have a clear understanding of where and when particular sanctions are appropriate.

It should be remembered that successful coaches/managers/volunteers are sparing in the use of sanctions. The age and developmental stage of the child should be taken into account when using sanctions.

Sanctions should always be fair, consistent and applied evenly, and in the case of a persistent offence, should be progressively applied.

The following guidelines are suggested:

1. **Rules should be clearly stated and agreed.**
2. **A warning should be given if a rule is broken.**
3. **A sanction (e.g. use of time out) should be applied if a rule is broken for a second time.**
4. **If a rule is broken regularly the child should be spoken to and parents/guardians involved if necessary.**

Sanctions should only be used in a corrective way that is intended to help children improve both now and in the future.

Remember:

- Sanctions should never be used in retaliation.
- When violations of the team rules or other misbehaviours occur, sanctions should always be applied in an impartial and fair manner.
- Sanctions should never be used as threats.
- If a rule is broken, the appropriate sanction should be implemented consistently, fairly and firmly.
- Sanctions should not be applied if the coach/manager is not comfortable with them.
- If an appropriate action cannot be devised immediately, the child should be told that the matter will be dealt with later, at a specified time and as soon as is possible.
- Once a sanction/s has been imposed, it is important to make the child feel s/he is a valued member of the team again.
- A child should be helped, to understand if necessary, why sanction/s are imposed.
- A child should not be sanctioned for making errors whilst playing soccer.
- Physical activity (e.g. running laps or doing push ups) should not be used as a sanction as to do so may cause a child to resent physical activity which is something that s/he should learn to enjoy throughout his/her life.
- Soccer is meant to be enjoyable and constant criticism and sanctioning can cause participants to turn away from Soccer and sport in general.

This code of conduct and guidelines contained herein are designed to protect players and Managers/Coaches alike. All Managers & Coaches must follow these guidelines in the interest of player safety & welfare, and the enjoyment of all who participate in Soccer at Marino A.F.C. Football Club.