



Port Noarlunga Football Club

Under 8 to Under 12 - Team Selection and Training Policy

Where there are two or more sides formed in the same age group, the Mini's Football Manager will guide selection of the teams with the assistance of the Coaches.

Team selection is to ensure that each team is competitive in the designated age group and will promote the one club philosophy. Teams are not selected based solely on a player's ability. Each team will have players with a range of abilities. The rationale is to encourage a mix of new players from year to year in preparation for the "Ability Based" grading from the Under 13 age group onwards.

The objectives of the team selection process are:

- To provide players every possible opportunity to reach their maximum potential.
- To ensure that the selection policy applies equally to all players.
- To aim for continuous improvement of all players and teams.
- To maintain open lines of communication and co-operation between coaches, players, parents and committee.
- To meet the objectives of the Southern Football League and AFL Junior Match Policy
- To provide an environment that instils pride in our club and demonstrates respect of our opponents, the community in general.
- To have in place a suitable process to handle issues arising from the team selection process.

Team selection will occur approximately 1 month prior to commencement of first round. Prior to this date ability of individual players will be assessed prior to team placement.

Coaches can retain squad from previous year to continue ongoing individual development of players. New players will be allocated accordingly following assessment of ability, to ensure competitive balance amongst all teams as a high priority. New players will be rotated throughout all teams in the preseason, and allocated following team selection process.

Special exceptions to the above arrangements must be discussed and agreed with Mini's Football Manager prior to changes in allocated squads.

The Club requires all appointed Coaches to adhere to these guidelines as far as practicable.



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Training – All age groups

To promote a one club philosophy where there are multiple teams in the same age group, the club promotes that these team shall train together as a squad on the same night for a minimum of 15 minutes throughout preseason and consideration during the main season. This includes starting the session (warming up / stretching) and finishing the session (cooling down/stretching) together.

Coaches can then break up players into groups for specialised training and/or drills. However intra-club training matches should be between two evenly balanced sides and not for example, a First Year team versus a Second Year team.

Reasons:

- Players are able to judge their ability and improvement against their peers.
- Coaches are also able to judge player's potential & improvement.
- Players get to know club style of play.
- Assist with player rotations.
- Players have a feeling of belonging to one squad\team.
- Eliminates the "them & us" mentality – i.e. helps develop a "One-Club" philosophy

POLICY APPROVED BY:	DATE:	LAST REVIEW DATE:
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