



# St Johns Eagles JRLFC

Football Program 2015



# Introduction

- Welcome
- Why we are here
- Session Plan



# Coaching Staff Selection Process

## The Entire Committee

- Review all current coaches (from previous season)
- Review all nomination (for upcoming season)
- Discuss all concerns and options
- Agree on final coaching appointments
- Arrange one on one meetings with unsuccessful nominees
- Send out formal letters to successful appointees
  - Coaches to provide coaching staff list for review
- **Additional teams - coaching review process**



# Change Methodology

- Why the need for change
  - Tarnished reputation
  - Provide better coaching education
  - New focus - Player development vs winning
- Who's driving the change
- Who owns the process
- How can we succeed together
  1. We all need to agree that change is required
  2. Trust
  3. Communication
- Constant review for improvement



# Setting Higher Standards

- Last year over 30 appearances at the judiciary
  - The goal for this year is Zero
    - Zero tolerance on bad behaviour
      - Committee
      - Coaching Group
      - Players
      - Parents/Spectators
- Develop better techniques to manage situations
- Development vs Winning
  - Implement Football Program
  - Continuous Improvement (Coaching Education)
  - Constant Evaluation (Bettering Ourselves)
    - (reviews will be conducted at end of each period to provide support and ensure compliance)
    - Pre Season
    - In Season
    - End of Season



# New Focus

- Coaching Program
- Implement a Football Program
- Playing by the Rules
- Team Selection Process
- **Lets not forget why we are all here for**



# Education

- National Safe Play Code (pg:5)
- National Rugby League Code of Conduct (pg:10)
  - St Johns Code of Conduct (pg:14)
- MINI Footy and MOD League Rule Modifications (pg:15)
- Coaching Methods (pg:18)
  - D.E.P.E
  - Game Sense
  - Provide Proper Feedback
- Maintaining a Safe Environment (pg:23)
  - Duty of Care
  - Appropriate Conduct
    - Social media
    - Working with children check – every volunteer needs to complete this process prior to the start of the season.



# Coaching Tools and Resources

- Internet
- Phones
- St Johns Website
- Mentors





# Record Keeping

- Player Details and Medical Information (pg:43)
- Parent Duty Roster
- Player Attendance Record
- Maintaining the stats book (weekly)



# Planning

- Training Session Plans (pg:48)
  - Training Session Plan Template
- Match Day Planning And Post Match Analysis

# New Football Program



- Focusing on Core Skill Development
  - Skills of Rugby League (pg:27)
- Step 1
  - Implement an Education and Support Program for Coaches
- Step 2
  - Implementing a New Coaching Committee

In conjunction with the coaching coordinator, 4 senior coaches will be nominated to support and manage the new football program

  - U6 through to U8
  - U9 through to U12
  - U13 through to U16
  - U17 through to U21



# New Football Program Cont

- Step 3
  - Develop New Grading Process (skill level)
- Step 4
  - Develop 5 week Preseason Training Programs
- Step 5
  - Provide avenue for Constant feedback (Continuous Improvement)



# Grading Process

- Player Evaluation (pg:52)
  - Week 1 - Initial player evaluation based on skill level
  - Week 2 to 6 - Preseason training program
  - Week 7 – Player re-evaluation process
  - Week 8 - Final Team Selection



# Pre Season Program

## 5 Week Pre Season Program

- Under 6s - 7s
- Under 8s -9s
- Under 10s – 11s
- Under 12s – 13s
- Under 14s – 17s