



Forest Killarney Football Club Inc Notes to Coaches and Managers



On behalf of the players and the Committee, thank you for your involvement and commitment to your team and we hope that the following notes assist you with your duties. We will be conducting Managers & Coaches meetings throughout the Football season. This will assist in a much-needed flow of information between all teams and the committee. Being able to communicate the current information you require and answer any enquiries you may throughout the season will improve the management of the teams and club tremendously.

We have outlined the following points that may be helpful with your involvement as a coach or manager this season.

COACHES:

- **Please ensure equitable rotation** of all players during the season.
- Arrange and conduct suitable coaching sessions to increase the Football skills of the players in your team.
- Ensure the players carry out warm-up and warm-down exercises before and after a game. Insist the players attend all training sessions and arrive at matches at least 30 minutes prior to kick-off.
- Encourage fair play, discipline, and team cohesion and commitment. Insist that no player question or abuse Referee's/Linesmen and that they shake hands with the opposition at full time regardless of the mood of the game.
- Alert the Referee to any on-field dangers (eg., potholes etc.). Do not let a player take the field for a game or at training if you are concerned about their health or well-being.
- **PLEASE DO NOT ALLOW** training in the in-goal area. Cones or corner posts can simulate goals just as easily.

MANAGERS:

- Assist the Coach in the **equitable rotation** of all players in all age groups during the season (in accordance with the Club Constitution).
- Check your team folder (near the Canteen) each week and distribute the Club magazine, Football Post, special notes etc., to the parents/players. Distribute any fundraising material and collect monies. Provide a Team list and Games Draw to all parents/players.
- For **U10 age groups and older** check the Registration Cards with the opposition Manager well before each game and correctly fill-out the Referee's Card noting teams, field location and time of game. Ensure you have available for checking, the Registration Card of any borrowed player from another team. The Referee's card is to be provided for each game by the "home team" (i.e., the team appearing first on the Draw).
- It is **MOST IMPORTANT** that all scores are recorded on the Score Sheets provided at the Canteen after each game. If you have an away-game, please return to Melwood Oval and fill-in the score or delegate another team member or parent to do so. This is **A MUST** for U10 age groups and over as the daily scores have to be given in to the MWSA on each day of play or we incur fines. If you are playing a Sunday game and the Canteen is not open, phone the scores through to the competition secretary.
- Maintain proper care of Club equipment. The team kit bag will include playing strip, two training balls, one match ball and medical kit. For enquiries, contact the Gear Steward.
- Arrange a shirt-washing roster with the players or parents. The shirts **ARE NOT TO BE WORN OR TAKEN HOME INDIVIDUALLY, OR WORN AT TRAINING.** The full kit must be accounted for at the end of the season. The shirts cost \$65 with numbers and printing which is why we have this rule.
- Promote team morale and cohesion amongst the supporters and players. The parents/supporters are encouraged to offer positive comment to the players, however there should be **NO** sledging of opposition players and **definitely** no abuse toward the Referee or Linesmen. **Also, encourage your supporters to leave sideline coaching to the team Coach ONLY.**
- Make yourself and the Coach known to the Referee before the game so he/she knows the team officials with whom to deal. The Manager and Coach **MUST** remain within the halfway Technical Area if marked and wear the approved official armbands.



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- Organise a Roster for Field Set-up and Canteen Duty when required (usually only one day per season). Ensure that your team's parents are aware that **under no circumstances** are children allowed in the Canteen on these days as our Public Liability insurance is voided.
- The Manager, Coach or appointed supporter, should complete a match report, after each game and lodged at the Canteen for publishing in the Club magazine.

PLEASE NOTE: Player Registration Cards **MUST** be returned with the Kit Bag at the end of the season.

GENERAL INFORMATION FOR MANAGERS AND COACHES:

- **Substitutes and Borrowed Players:** Up to 5 **substitutes** can be recorded on the Referee's card making a total team number of 16. However only 4 borrowed players (i.e., from another team) can be used in any one team. A substitute player or a regular team member, if not present at kick-off, may take the field when they arrive as long as their name was entered on the Referee's card **prior** to the match.
- A borrowed player from a team in a **lower division of the same age group** may only play up for 3 games, after which that player is automatically re-graded to that higher division.
- A borrowed player can only play up 2 age groups above their registered age group.
- **Photo-identity/Registration Cards:** A player cannot take the field until their Registration Card has been sighted and marked on the Referee's card. If an opposing team member in that situation does play, the Referee's card should be so noted and left unsigned at the conclusion of the game.
- **Alternate Playing Strip:** Our alternate playing strip of Red and White is to be worn if we are the **away team** against an opposition whose playing colours are similar to our **normal Green and White** and this is generally requested by the Referee or can be at the discretion of the Team Manager/Coach. The alternate strip kit bags should be requested from the Gear Steward and **returned** to him before the next match day.
- **Off -Side Rule:** Applies to all teams from U8's through to Amateur League.
- **Non-official Referee's:** May be used until an official Referee arrives, otherwise the Referee who starts the game must finish the game.
- **Water Bottles:** Each player must have his or her own water bottle. **No** common water containers are allowed to be used.
- **Playing Information:**

U.6 teams	6 per side	15 min. halves	size 3 ball
U.7 teams	6 per side	15 min. halves	size 3 ball
U.8 teams	6 per side	15 min. halves	size 3 ball
U.9 teams	9 per side	20 min. halves	size 3 ball
U. 10 teams	11 per side	25 min. halves	size 4 ball
U. 11 teams	11 per side	25 min. halves	size 4 ball
U. 12 teams	11 per side	25 min. halves	size 4 ball
U. 13 teams	11 per side	30 min. halves	size 4 ball
U. 14 teams	11 per side	30 min. halves	size 5 ball
U. 15 teams	11 per side	35 min. halves	size 5 ball
U. 16 teams	11 per side	35 min. halves	size 5 ball
U. 18 and older	11 per side	45 min. halves	size 5 ball