

2015



Yarra Junior Football League

YARRA
JUNIOR
FOOTBALL
LEAGUE

UNDER 8 COACH INFORMATION KIT

A Message from the President

On behalf of the Board of the Yarra Junior Football League, I would like to welcome you to season 2015.

As coaches' of our youngest members of the League you have taken on an enormous responsibility in their development, both on and off the field.

It is your role to develop their football skills in a team environment, to ensure that they respect the authority of the umpire and above all to ensure that the kids are having fun—if the kids enjoy being with the coach and their team mates they will want to continue on for many years ahead.

Part of your responsibility will be with the parents, where you will be the focal point for the many questions, criticisms, advice (right or wrong) and your communication skills will be put to the test.

We appreciate your willingness to undertake such roles and assure you that you have the full support of the league—our prime aim is to have the best possible environment for our members to play and enjoy football in.

Peter Haddad

President

The Spirit of Under 8s

It is the aim of the Yarra Junior Football League to encourage the participation of children of all backgrounds and abilities in a competition that:

- *Promotes sportsmanship*
- *Promotes the virtues of fair and disciplined play*
- *Encourages participation and effort above results*
- *Develops respect for officials, opposition players and supporters*
- *Provides an environment in which the health and well-being of our children can be nurtured*

This is the spirit in which we expect all games to be played. This is The Spirit of Under 8s and as coaches, you are the custodians of this spirit and it is your responsibility to pass this on to all of your team members and their families.

The Role of the Under 8s Coach

The role of the Under 8s coach, as in all age groups, is multi-faceted.

During the year the coach may be called upon to fill a variety of roles.

These can include:

1. **Communicator** possessing the ability to provide clear instructions and feedback as well as the ability to listen to others.
2. **Leader** guiding decision making in terms of planning and organising training, match-day events and team morale.
3. **Manager** assisting others by effectively controlling the affairs of the club to compliment the underlying philosophy/objectives of the club.
4. **Philosopher** consistently demonstrating a set of shared values, beliefs and principles that provide direction and a purpose for the conduct of the coaching program.
5. **Psychologist** dealing with various personalities and the mental aspects of maximising performance.
6. **Public Relations** representing the club by promoting goodwill.
7. **Selector** involved in the planning of the selection process and the choosing of the best or most suitable team to represent the club.
8. **Sports Trainer** possessing a basic knowledge of conducting safe practices, injury prevention and the rehabilitation of the injured player.
9. **Student** continually seeking to upgrade his knowledge of the game or the coaching process.
10. **Teacher** effectively imparting information to individuals and ensuring that football skills and team tactics are improved.

One of the keys to the success of the Yarra Junior Football League's Under 8s competition is the contribution that all of our wonderful coaches make. This year, our continued success will rely upon you and the contribution that you make.

The coach's role during the match is to:

- *Encourage players to stay in position*
- *Assist the umpire to keep the game flowing*
- *Avoid getting caught up in the play*
- *Allow the players to partake in experiential learning with minimal interference*
- *Ensure all players receive equal playing time*
- *Set the standards of behaviour by always accepting the umpire's decision and exhibiting good sportsmanship*
- *Ensure that the 'Under 8s Spirit' is upheld at all times*

Setting up your Season

There is any number of things that you can do to give yourself the best chance of creating a successful environment for season 2015. Whilst this is in no way a comprehensive list, here are a few things that you may find of real benefit to you and your team.

Set yourself some goals

Start off with a higher goal which defines your real ambition for the team. An example of a higher goal would be something along the lines of "I aim to make this season a positive experience for every child and their family".

You will be amazed at how a higher goal influences every other thing that you do throughout the season and how it can pull you into line on the rare occasion that you step outside of this goal.

Sitting beneath this Higher Goal will be smaller goals that will describe how this will be achieved. Examples of these could be:

- *Equal playing time for each child*
- *Rotate all players in all areas of the ground*
- *Ensure appropriate behaviour at all times – eg No tolerance for bullying*
- *Continue working on the development of skills*
- *Teach fundamental football values such as*
 - *Teamwork*
 - *Positional roles and responsibilities*
 - *Support for each other*
- *Encouragement of learning from mistakes*
- *Having fun*

Run an information session with the parents

Run an information session with your parents as soon as you can. This would be the perfect way to introduce yourself, explain your goals for the season ahead, outline your expectations of both the parents and the children, explain the modified rules of the Under 8s competition, etc.

Keep talking to your parents

Talking to your parents is the key to creating a successful environment. In many ways Junior Sport is as much about the family's experience as it is about the child. Regardless of what many people say, parents want nothing more for their child than to be successful and they need to hear from you that their child is progressing well.

AFL Kids First Program



Today's parents have an important role in the delivery and support of sporting activities for their own and other children. With it comes a clear responsibility to act in a constructive and encouraging manner at all times.

Barracking and wanting your child to perform well is human nature, but it is critical that this should be done in a responsible manner, avoiding the ugly parent syndrome at all times.

PROGRAM OBJECTIVES

The specific objectives of the AFL Kids First program are to:

- 1. Provide a formal framework in which leagues, associations and clubs can encourage constructive parent behaviour.*
- 2. Develop parental understanding of the importance of setting the right example in junior sport.*
- 3. Increase parent/guardian ownership in providing a quality sporting environment.*
- 4. Promote good social behaviour in junior sport.*
- 5. Promote appreciation and foster increased respect for the role of the umpire.*
- 6. Promote encouragement of all children in both teams.*
- 7. Decrease the number of conflict situations at junior matches.*

Go to the AFL Community Club website for more information

www.aflcommunityclub.com.au

Administrators / Policies & Guidelines / AFL Kids First

On Ground Team Officials



Compulsory Requirements
Level 1 AFL Coach Accreditation
Working with Children Check
YJFL Registration

Recommended
Level 1 First Aid Accreditation



Compulsory Requirements
Working with Children Check

Recommended
Level 1 First Aid Accreditation
minimum, Emergency Response
Coordinator recommended

Team Manager's Role

The role of the Team Manager in Under 8s, as in all age groups, is to assist the Coach in organising and administrating the team and Match Day Officials. Following is an outline of the Team Manager's responsibilities on a weekly basis.

Prior to Match Day

- *Ensure that Online Teamsheet has been entered and printed off*
 - *See Online Teamsheet Instructions (yarrajfl.org.au – Rules and Regulations – Schedule B Match Paperwork)*

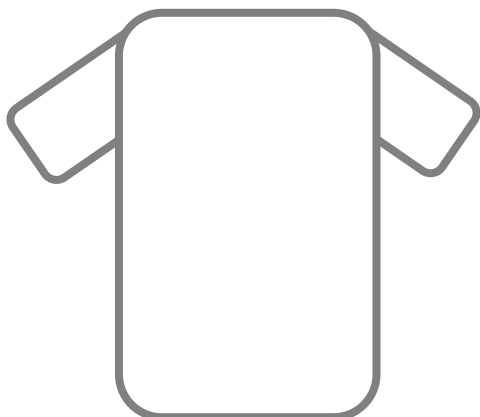
Match Day

- *Ensure that ground has been properly set up and Ground Inspection Form has been completed, signed and retained for future reference*
- *Organise and equip volunteer family members to act as the following Match Day Officials*
 - *Umpire*
 - *Goal Umpire*
 - *Trainer*
 - *Time Keeper*
- *Ensure that all players sign the Team Sheet*
- *Ensure that a suitably inflated Match Football is provided (Size 2 Synthetic)*

Post Match

- *Ensure that Online Teamsheet is adjusted to reflect the players who actually played on the day. i.e. remove anyone from the Teamsheet that did not play and, if required, add the names of any replacements*
- *Enter the result of a Nil All Draw (final result 0-0-0 to 0-0-0) to ensure that the match gets officially counted in the records of each player*
 - *NB. The Online Teamsheet acts as the Yarra Junior Football League's official records of games played*
 - *Participation on Under 8s Day will count as one official game*

Match Day Officials



FIELD UMPIRE

Compulsory Requirements

*Understanding of Rules of the Game
Understanding of Special Rules for
Under 8s*

Recommended

Nil

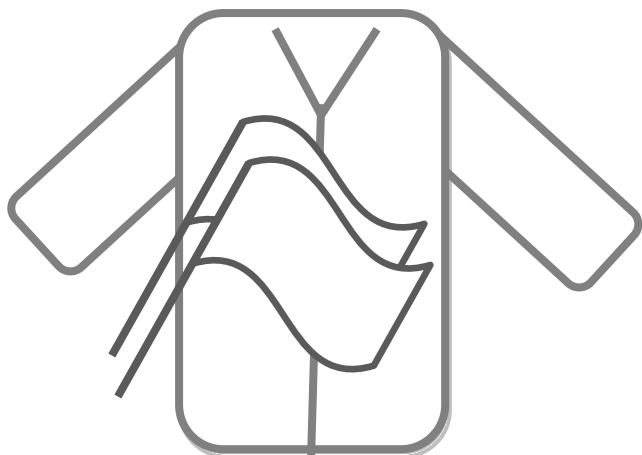
ROLE OF THE FIELD UMPIRE

Each home team is required to provide a field umpire whose responsibilities are:

- *To understand the modified rules of the Under 8s competition*
- *To be encouraging of all players participating in the game*
- *To assist all players in their ongoing understanding of the game through positive communication of the rules and decisions made*
- *To reward effort*
- *To encourage all players to return to their area of the ground i.e. back line, midfield and forward line*
- *To encourage good sportsmanship between the teams*
- *To ensure all supporters behave in an acceptable manner*
- *To control the game*
- *To deal with coaches in a confident manner*

Selection of the person best able to meet these responsibilities is the key to ensuring a successful morning of Under 8s football.

Match Day Officials



GOAL UMPIRE

Compulsory Requirements

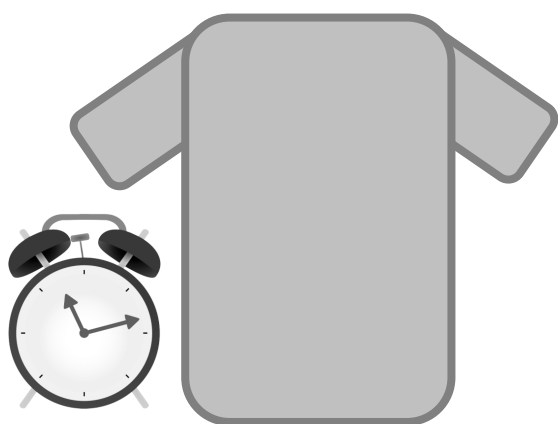
Nil

Recommended

Nil

Responsibility

To adjudge the scoring of Goals and Behinds



TIME KEEPER

Compulsory Requirements

Nil

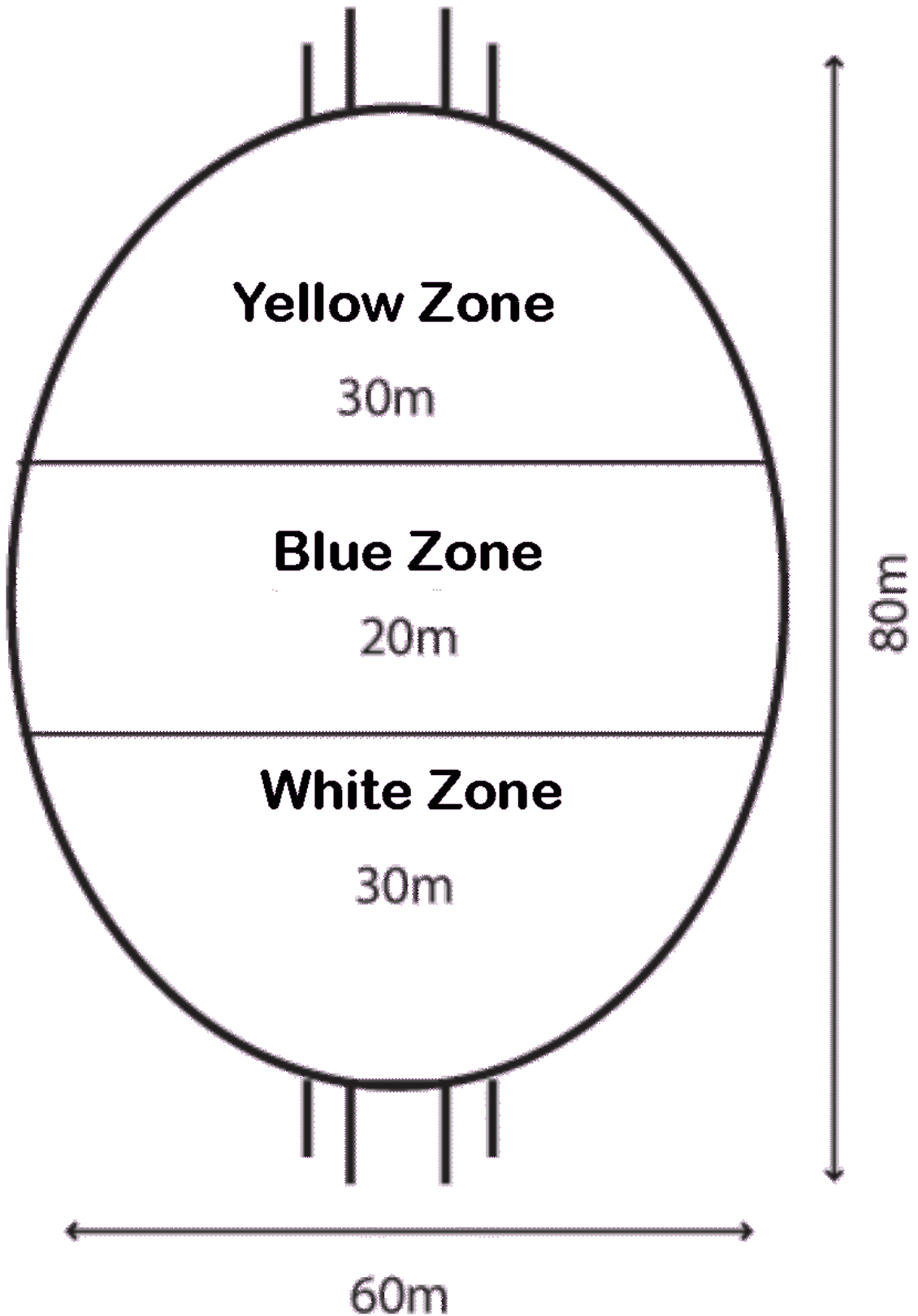
Recommended

Nil

Responsibility

To ensure that quarters run no longer than 10 minutes. To conclude final quarter prior to scheduled commencement time of next game

Setting up the ground



2015 Under 8's Rules Flow Chart

	Rules	Notes / Explanation
Players	12 a side plus up to 4 Interchange	Should one team be low on numbers, coaches should work together to ensure teams are even on field. (i.e. assist team with low numbers by lending a player or players). Numbers on field should always be even.
Maximum Ground Size Use of Zones	80m x 60m approx. (2 games per oval) 3 equal zones with 4 players per zone	Avoids crowding around the ball. Gives all children an opportunity to develop "in game" skills
Match Length	4 x 10 (1 hour)	The game must conclude prior to the scheduled starting time of the next game. The last quarter is to be reduced in time if necessary
Competition Details	No scores, ladders or finals. No recording of best players and goal kickers permitted. No representative teams.	Allows the focus to be on developing the kids rather than winning
Contact	No tackle or bump. There is absolutely no contact or spoiling, except when accidental in nature.	A free kick is to be awarded where a player is deliberately tackled or bumped.
The ball	Size 2 Synthetic	
Umpiring	1 field, 2 goal. Parents.	
Coaching position	Onfield (1)	Coaches to wear League Blue Bib identification and preferably be in some type of Club Identification (T Shirt, etc.)
Bounces	1 bounce before disposing	Can run 15 metres before bouncing the ball or touching on the ground
Marking	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or makes a reasonable attempt to mark it.	Marks paid for genuine overhead attempts. Rewards players who attempt this important skill
Out of Bounds	From a kick, a free kick is awarded against the player who last kicked the ball. From hands, or if there is doubt, the umpire shall call a ball-up 10m in from the boundary.	Eliminate throw-ins at the boundary line. This allows more players to receive kicks and keeps the game moving.
Kick off the Ground	Not permitted unless accidental.	Under 8s generally lack the ability to distinguish between safe and unsafe opportunities to kick the ball off the ground. This rule encourages players to try to pick up the ball and tends to teach a skill by eliminating a potential danger.
Stealing, smothering, shepherding, barging	No stealing, smothering, shepherding or barging.	
Interchange of players	Interchange of players to be only at Quarter, Half, and Three-Quarter times, except in the case of injury when replacement may be made immediately.	Maximises continuous participation. Minimises participant anxiety.
Runner	Runners are not permitted to be used in Under 8s	Coaches to instruct players to shake hands before/after game.

Under 8's Day 2015

Every year the Yarra Junior Football League puts aside a day to celebrate the participation of our youngest age group with a round-robin football carnival held at the League's headquarters at Bulleen Park. This celebration was previously known as Tackers Day.

Under 8s Day 2015 will be held on Sunday 17 May commencing at 9:00 am.

How Under 8s Day works

- Your club will receive a schedule and venue map in the weeks leading up to the day. Each team will be allocated a ground for the day and fixtured to play 3 or 4 games of 2 X 7 minute halves.*
- There will be a 1 minute break between halves in which you can rotate players on and off the ground. This is a very short break so you need to have your rotations organised before the match begins.*
- All players not rotated are to remain in the area of the ground that they were in for the first half. i.e. forwards will become backs and backs will become forwards.*
- At the end of the game teams will quickly line up and shake hands before moving off the playing area.*
- Once the siren goes to end a game the teams participating in the next game need to move straight into their starting positions.*
- A Teamsheet, listing all participating players, will need to be handed in at the main pavilion.*
- Each team will then be allocated a box of YJFL footballs to be distributed to each of the participants as a memento of the day.*

Tips for Under 8s Day

- Parking is always an issue on Under 8s Day so organising a car pool will go some way to alleviating this problem*
- Be organised. Make sure your kids know who they are swapping with at half time so that we can keep to the scheduled starting times*
- Set up a base. Many teams bring small marquees etc. to set up around their nominated ground. This then becomes the central meeting point for the team. It also provides temporary shelter in case of bad weather and adds to the carnival atmosphere of the day*
- Canteens and sausage sizzles will be situated at both ends of Bulleen Park*

YJFL By-Law 10.1 (Under 8 Competition)

10.1 Under 8 Competition

The competition to be the Introductory phase of the Yarra Junior Football League competition. Players must be at least 7 years old by 31 December prior to the year they commence playing.

10.1.1 Player numbers.

Twelve players per side on the ground at any one time, plus up to four interchange players. Under 8 teams are to have balanced numbers. Where one team is short on players, the opposition will loan players to ensure equality of team numbers on the field.

Interchange of players to be only at quarter, half, and three-quarter time breaks, except in the case of injury when a replacement may be made immediately.

10.1.2 Ground Size:

80 metres x 60 metres approximately which is designed to fit two games per oval

10.1.3 Zones.

Three equal zones to be marked with cones or discs, with four players from each team per zone. The Umpire will pay a free kick to the opposition if a player does not adhere to their zone.

10.1.4 Match Length

There will be four 10 minute quarters with breaks of five, five and five minutes, with the match to be completed within one hour.

10.1.5 Competition details

There will be no recorded scores, ladders or finals. Scores will not be displayed on a scoreboard. There will be no recording of best players and goal kickers permitted. No League representative teams will be selected at this level.

10.1.6 Contact

No tackling or bumping is permitted. No contact or spoiling is permitted except when accidental in nature.

10.1.7 Umpiring

The Field Umpire, provided by the home team, shall wear a plain white shirt and be equipped with a whistle. Each team will provide a goal umpire.

10.1.8 Bouncing the ball

A player may bounce the ball once before disposing of it.

10.1.9 Marking the ball

A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it from a kick, or makes a reasonable attempt to catch it.

10.1.10 Kicking off the ground

No deliberate kicking off the ground is permitted; when detected a free kick will be paid to the opposition.

10.1.11 Out of Bounds

From a kick where the ball goes out of bounds a free kick is awarded against the player who last kicked the ball. From hands or body, or if there is doubt, the umpire shall call a ball-up 10 metres in from the boundary.

10.1.12 Stealing smothering, shepherding and barging.

No stealing or smothering of the ball, shepherding or barging is permitted.

10.1.13 Penalties.

No distance penalties apply at this level. Players can be ordered off at the umpire's discretion.

10.1.14 Commencement of play

Play shall be started by a ball-up between centremen at the 3 metre centre circle.

10.1.15 Team Officials

Coaches

Only one coach is permitted on the ground. The purpose of the coach being on the ground is to direct players to stay in their positions and zones. Coaches are to wear League Blue Bib identification

Trainer

A Trainer may not be used to coach players and may remain on the field only the length of time taken to treat an injured player or to provide water. After attending to players Trainers must return to their position behind the boundary line. They are not to remain on the field. The League Green Bib identification must be worn by Trainers

Runner

*A Runner is **not permitted** in Under 8 matches.*

10.1.16 At the End of the Game

At the end of the game all Players and Coaches are to gather together on the ground to be addressed by the Umpire, and all will leave the ground together - a visual demonstration of the spirit in which the game is played. Coaches are to instruct players to shake hands before/after game.