

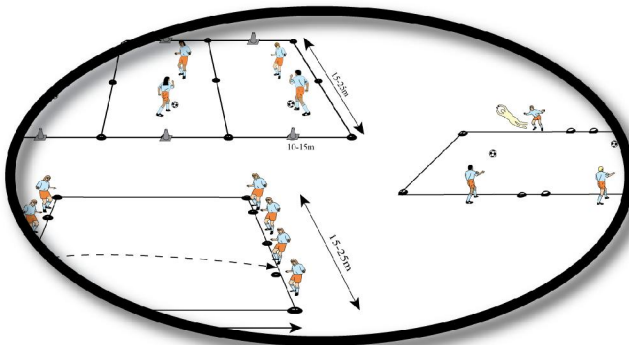
## **2009 COACHING PROGRAMME**

BCRFC wants to be recognised as one of the quality clubs in the KDSA, and such recognition is usually based upon the enthusiasm of it's members and the success of it's teams and players in their respective age groups. Many clubs expect their teams to be successful without providing the resources and opportunities to do so. Effective coaching from the earliest opportunity is essential if our players and teams are to develop the full range of techniques and skills they are capable of. We must also remember that our children won't enjoy their football experience if they are not being challenged and rewarded and that this needs to be done in an environment that is also fun.

We also appreciate the fact that our coaches are volunteers, and that they are important. Our coaches deserve more than a card and a bottle of wine from the team at the end of the year. We want to eliminate the fear of coaching by providing a supportive coaching structure, particularly for our new volunteers and coaches with no previous playing or coaching experience.

The BCRFC committee has therefore taken the opportunity as a new club to review this major resource, and introduce a new coaching structure that supports both our players AND our coaches.

### **The Cooperative Coaching Programme**



Complete Coaching  
Manual supplied to  
coaches of ALL  
BCRFC teams

The Cooperative Coaching Programme will involve all teams in the U6 to U11 age groups. Training will be on Monday afternoons/evenings at Bannockburn Oval. The programme is designed to provide players with a

fun and structured skills training programme while, at the same time, providing “on the job” training for all coaches of these teams.

Training sessions will be designed and coordinated by Soccer Kickstart. One of their highly trained staff will provide the support and on the spot inservicing for all coaches/helpers as they supervise/coach their players on a range of skills within the skills and gameplay circuit. Over the course of the season, all coaches will progress through each skill, learning the key coaching points as they do so. Each coach is responsible for his/her own team on match day but it is important to note that the game day coach does not need to be the training coach (if their working commitments do not allow this).

Every three to four weeks, the teams engage in a night of Small Sided Games, with a new set of exercises beginning the following week. The games will incorporate technical conditions to increase their development as players.

To ensure that our coaches are familiar with the coaching format and their responsibilities to the players, and the Kickstart Leading Coach at the start of the programme, there will be at least one additional pre-season training session that our coaches will be required to attend. We strongly suggest you encourage all parents/helpers to attend this as it is free. The more parents who understand the system the more people who will be comfortable to assist during the season.

## **The Youth Coaching Programme**

As the skill and experience of our older coaches and players is generally more advanced, we are introducing a different programme for our U12 to U18 age groups and coaches. BCRFC coaches for these teams will be required to attend two free coaching updates through the season. The coaching updates will give coaches higher level technical drills/activities to utilise in their sessions, provide professional training on positional/formational/tactical gameplay, show them how best to communicate with their players effectively and give them answers to any coaching issues they have had through the season.

By providing the support and resources to our coaches, we hope this will encourage many to achieve coaching their Junior, Youth or even Senior License. The club will support any coach by paying for such courses approved by the club.