



2024 COACHES PACK

Welcome to the 2024 Season!



About Us

OUR MISSION

To encourage, develop and value all abilities within our football family. To teach teamwork, commitment, sportsmanship, honesty and enable fulfilment. To stimulate community interest in football at grassroots level and create platforms for experienced and new players to express themselves and be part of a wider team “The Basin football community”.

OUR VISION

- We strive to be a leader in the way grassroots football is played and delivered.
- Develop players through good and fair coaching.
- To provide the complete player pathway for players in grassroots football.

OUR VALUES

Our values underpin everything we do and strive to achieve at St Georges Basin FC

Respect

We treat our teammates, opponents, officials, and club members respectfully.

Integrity

We act in a fair, consistent, and transparent manner.

Teamwork

We (players, managers, parents, volunteers, and committee members) work and collaborate both on and off the pitch; this is our club.

Inclusivity

We promote and deliver an environment for all to enjoy the game of football.



Online Team sheets

Team Sheets for ALL competition Teams (From under 10s up to all senior grades)

This season we will be doing all competition **team sheets online**, clubs have login information

PRIOR TO GAME DAY

Fill out team sheet **online** before the cut off time below, players need to be selected and **shirt numbers** entered

Home team is required to print out team sheet and take to GAME

Team sheets are to be completed before:

Monday night games - cut off time is 4pm game day

Tuesday night games - cut off time is 4pm game day

Wednesday night games - cut off time is 4pm game day

Thursday night games - cut off time is 4pm game day

Saturday junior games - cut off time is 6pm Fridays

Saturday senior games - cut off time is 10am game day

ON GAME DAY

Place **printed out team sheet with the team sheet book** at the Home club

END OF GAME DAY

Referee will fill out hard copy of team sheet

Home team will be responsible for entering scores online at completion of game

Scores need to be entered online no later than 6pm for Saturday games and weekday games at competition of game.

The **Referee** is to **SMS photo of team sheet to Competition Organizer** on completion of game. If no referee is appointed to the game the team manager/coach is responsible to sms a photo of the text sheet.

The **Home team** is to send team sheets into SDFA, via mail (as per rule 3-11)

Under 10 – 16s – Stacey 0437 536 462

Women's, Over 35's, Senior Men's – Caylie 0437 993 212



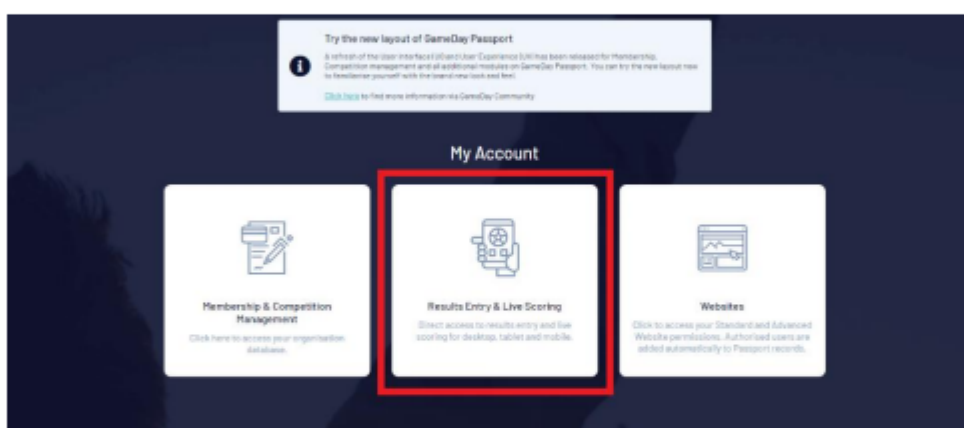
Access & Login

→ Sign in here via SportsTG passport

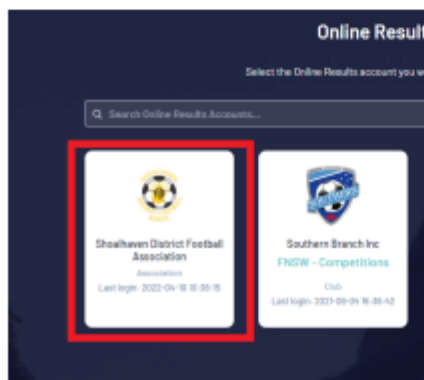
<https://passport.sportstg.com/account>

→ Enter your Clubs Passport email address and associated password then click 'Login'.

→ Once logged in select 'Results Entry & Live Scoring'.



Select your club





FILLING OUT TEAM SHEET

- This is a list of your clubs games, by clicking on the headings will arrange them in order
- Select Date or use filters if you just want one team or competition displayed

Match Results Entry

Show matches between (dd/mm/yyyy) 30/04/2022 To 30/04/2022 Apply Dates Filter Matches 21

ENTER DATE

Match List

Result	Home Team	Away Team	Result	Competition	Match Date Time	Venue	Pre Game	All Game	Post Game
	Harrow White	Bromsbury Tigers		Under 18 Mixed Competition - North	30/04/2022 09:00	Barnes Regan U18 11 Field	Pre Game	All Game	Post Game
	Harrow Blue	Bromsbury Tigers		Under 18 Mixed Mini Soccer - North	30/04/2022 09:00	Barnes Regan U18 9 Field	Pre Game	All Game	Post Game
	DMFC Blue	Bromsbury Tigers		Under 18 Mixed Mini Soccer - North	30/04/2022 09:00	St Andrew's Credit Street	Pre Game	All Game	Post Game
	Harrow White	Bromsbury Tigers Back		Under 18 Mixed Mini Soccer - North	30/04/2022 09:00	Barnes Regan Mini Soccer Field	Pre Game	All Game	Post Game
	Harrow Yellow	Bromsbury Tigers Gold		Under 18 Mixed Mini Soccer - North	30/04/2022 09:00	Barnes Regan Mini Soccer Field	Pre Game	All Game	Post Game
	Harrow Green	Bromsbury Tigers Gold		Under 17 Mixed Mini Soccer - North	30/04/2022 09:00	Barnes Regan Mini Soccer Field	Pre Game	All Game	Post Game
	Bromsbury Tigers Back			Under 17 Mixed Mini Soccer - North	30/04/2022 09:00	Bromsbury Oval Juniors Field			
	Dunshaven United	Bromsbury		2022 Mens 3rd Grade	30/04/2022 12:00	Lordship Park	Pre Game	All Game	Post Game
	Dunshaven United F.C.	Bromsbury F.C.		2022 Mens 2nd Grade	30/04/2022 12:00	Lordship Park	Pre Game	All Game	Post Game
	Dunshaven United F.C.	Bromsbury F.C.		2022 Mens 1st Blackmore Bowlers Shield	30/04/2022 16:00	Lordship Park	Pre Game	All Game	Post Game

Showing 10 matches

- Find your game and click on PRE-GAME
- Click on ADD icon to add players to team sheet or use filters

Back to Match List

Pre Game All Game Post Game

Under 18 Mixed Competition - North
30/04/2022 09:00

League Fixture

Harrow White Bromsbury Tigers

Bromsbury Tigers Match Officials

Team Selection

Available Players

Filter: Please enter... IS Auto Select Players

Shirt No.	Name	No.	Position
	Adkins		
	Anderson		
	Arundale		
	Arthur		
	Barnes		
	Barnes		
	Barnes		

CLICK ADD BUTTON TO ADD PLAYERS TO TEAM SHEET

- Each player needs a shirt number assigned to them
- Don't forget to SAVE





Available Players

Match Officials

Save Team Selection

ADD SHIRT NUMBER FOR EACH PLAYER

Selected Players

Auto Select Players

SAVE

Name	No.	Position
Arthur,	No.	Select a position
Olyse,	No.	Select a position
Coombes,	No.	Select a position
Coombes,	No.	Select a position
Farnester,	No.	Select a position

DP - On Permit Q - Fully Qualified

Print Out Team Sheet

- Once team sheet has been completed, the HOME team will need to print out the team sheet to bring to games
- Click on the drop-down arrow and select SHOALHAVEN TEAM SHEET
- When printing, play around with the margins to make the page as large as you can to be printed on an A4 piece of paper

Save Team Selection

Team Sheet 2

Shoalhaven Teamsheet

Auto Select Players

Sort by: Name No. Position

Arthur, William



End of Game

→ Click on POST GAME to enter results

← Back to Match List

Pre Game At Game Post Game

↑
TO ENTER
TEAM SHEET

↑
TO ENTER
RESULTS

- Enter full-time score
- And SAVE
- Scores need to be entered in within 1 hour of game finishing

← Back to Match List

Pre Game At Game Post Game

Under 10 Mixed Competition - North
20/04/22 09:00
Full Time Score
Yellow Cards
Red Cards

Barrow White Barnsbery Tigers

Final Match Scores Barnsbery Tigers Player Scores Awards

Barrow White **Barnsbery Tigers**

Half Time Score Add Score

Full Time Score **ENTER SCORE** Add Score

Yellow Cards Add Recipient

Red Cards Add Recipient

Match Summary **INJURIES (Include players name, shirt number, injured body part, was an ambulance required)**

Update Match Scores **SAVE**



Our 2024 Committee

Our Directors

President

Dave Farrow

0419 617 471

Vice President

Benjamin Wright

basinsoccer@gmail.com

Secretary

Marissa Kinsele

basinsoccer@gmail.com

Treasurer

Jackie de Vries

basintreasurer@gmail.com

Uniform Coordinator

Courtney Buddle

basinuniforms@gmail.com

Our Coordinators

Senior Men's

James Gallemore

Senior Women's

Sarah de Vries

Juniors

Courtney Buddle

MiniRoos

Donna Walker

Media & Publicity

Tam Lee

Registrar

Nyree McIntyre

Canteen

Tess Burnett

Strapper

Pieter Zuydervliet



Code of Conduct

1. Players will behave in a way which represents and promotes our club's ethos of good sportsmanship, respect for all players and officials and spectators.
2. Players will respect the decisions of referees and understand that in line with SDFC's Zero Tolerance policy, any abuse or violence will result in suspensions, fines to the club, loss of competition points and expulsions from all competition. (This also applies to all officials and volunteers engaged by St Georges Basin Football Club)
3. Players will not engage in violence, bullying or slander of other players and officials, on or off the field. (This extends to social media)
4. Players will show respect to all other players regardless of gender, age, ability, sexual orientation, culture, and religious beliefs.
5. Players will take responsibility for their actions
6. Players will behave in a way which represents and promotes our club's ethos of good sportsmanship, respect for all players and officials and spectators.



Coaches Code of Behaviour

The coach's code of behaviour affirms a coach's support for the concepts of responsibility, trust, competence, respect, safety, honesty, professionalism, equity, and sportsmanship. The code also provides a reference point for clubs, parents, athletes, schools, and employers to expect that a coach will demonstrate appropriate standards of behaviour.

By agreeing to coach, you promise to:

- Operate within the rules and spirit of grassroots football, promoting fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of club football.
- Treat each person as an individual.
- Display control and courtesy to all involved with club football.
- Respect the rights and worth of every person regardless of their gender, ability, cultural background, or religion.
- Respect the decisions of officials, coaches, and administrators in the conduct of the sport.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years).
- Adopt appropriate and responsible behaviour in all interactions.
- Adopt responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe and inclusive environment.
- Ensure your decisions and actions contribute to a harassment free environment.
- Not tolerate harmful or abusive behaviours and report these incidents to club directors.
- Place the safety and welfare of club members, players, and volunteers above all else.
- Help each person reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
- Ensure that any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.
- Be honest and do not allow your qualifications to be misrepresented.

Field Map

Regular Field Configuration



Mini's Field Configuration



Please contact us immediately if there is any damage to the fields, or marking requirements



Under 10s, Under 11s, Under 12 Girls

9v9	<input type="checkbox"/> HOME <input type="checkbox"/> VISITOR	Date:	Time:	Game #:	Opponent:	Half Score:	Final Score:	323	
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1st qtr		2nd qtr		3rd qtr		4th qtr			



Under 14s & Under 16s

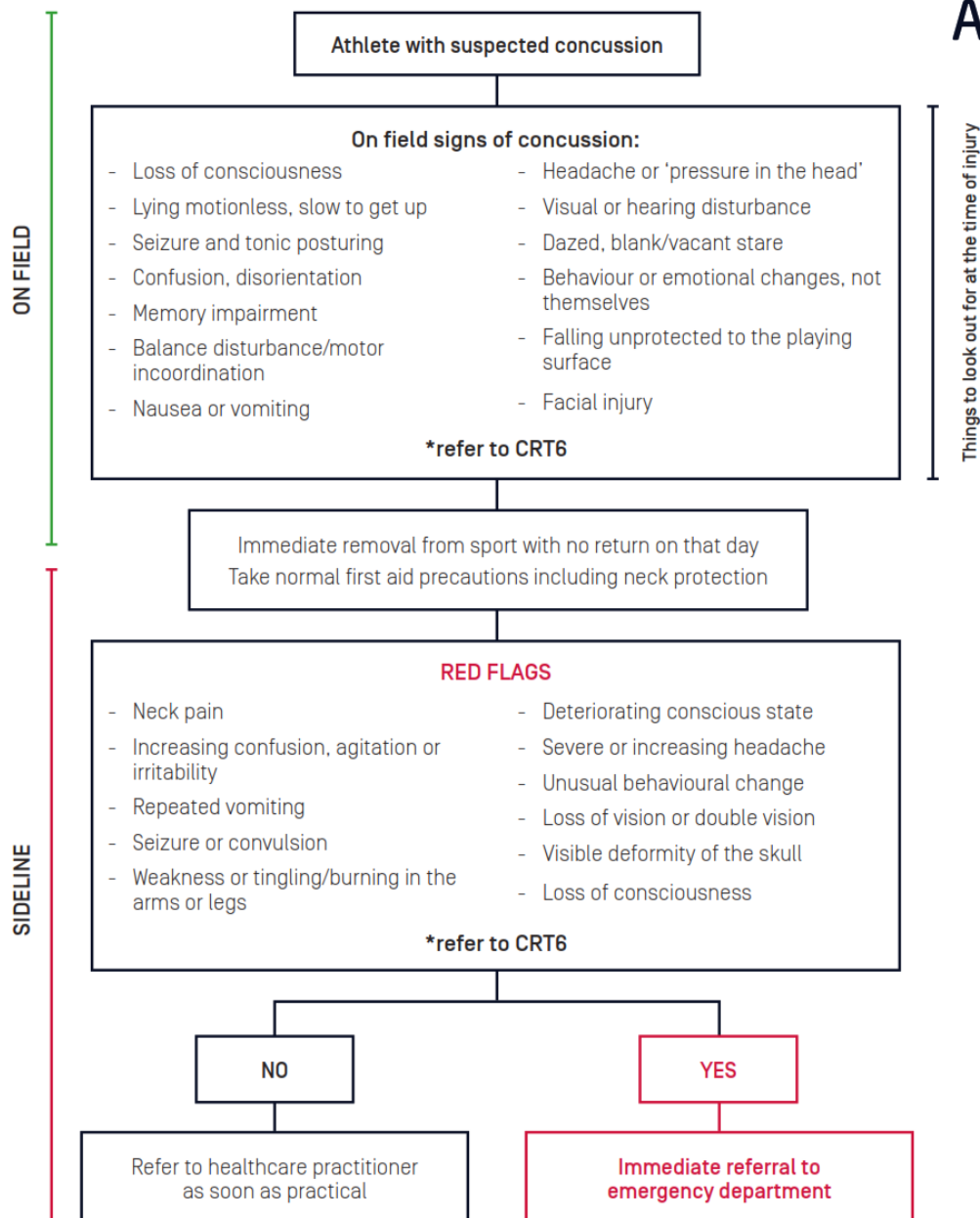
11v11	<input type="checkbox"/> HOME <input type="checkbox"/> VISITOR	Date:	Time:	Game #:	Opponent:	Half Score:	Final Score:	433
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Concussion advice

Concussion guidelines have been updated. Contact our strapper, Pieter Zuydervliet for website links and information, but remember...

“If in doubt, sit them out”

NON-HEALTHCARE PRACTITIONER ON FIELD CONCUSSION RECOGNITION DECISION TREE



ATHLETES SHOULD NOT:

- Be left alone initially (at least for 3hrs). Worsening symptoms should lead to immediate medical attention
- Be sent home by themselves. They need to be with a responsible adult
- Drink alcohol, use recreational drugs or drugs not prescribed by their healthcare practitioner
- Drive a motor vehicle until cleared to do so by a healthcare practitioner





Heat Policy



Hot Weather Policy

APPLICABLE TO ALL COMPETITIONS AND EVENTS, ASSOCIATION FOOTBALL AND FUTSAL (including Football NSW National Premier Leagues and State Leagues matches)

With higher temperatures now occurring more frequently, consideration must be given to the effects of heat and humidity on elite and amateur athletes and particularly children involved in football activities.

Football NSW has considered several factors in the development of this policy including the ongoing popularity of summer football and an increase in the temperatures leading into the winter season. The following is provided in accordance with information provided by Sports Medicine Australia (SMA). That information is referred to below under "References and Links" and should be read in conjunction with this policy.

During summer and warmer months, clubs and competition organisers are required to:

- Refer to the SMA Hot Weather Guidelines
- Provide a copy of the SMA Beat the Heat Fact Sheet to players, parents and team officials
- Provide information in relation to sun safety
- Schedule games and training for cooler parts of the day or evening
- Check weather forecasts the day before and closely monitor local weather conditions
- Whenever available, use a weather gauge, Wet Bulb Globe Thermometer (WBGT) or Heat Stress Meter to monitor player conditions
- Ensure regular hydration (water/fluid intake) by players, officials and other participants
- Monitor the wellbeing of players, officials, volunteers and staff
- Increase breaks during games and training to allow rest in shade and fluid intake - referees should consider allowing at least a 2 minute drinks break in each half when ambient temperatures exceed 32°C for adults and 28°C for youth.

RECOMMENDED TEMPERATURES FOR CANCELLATION OF GAMES & TRAINING

and other events including trial games, selection trials, clinics or any physical activities

ADULTS

Cancel or postpone events involving Adults at ambient temperatures of 37°C or above

YOUTH

Cancel or postpone events involving Children at ambient temperatures of 32°C or above

CAUTION: These are the maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on factors such as: humidity; local conditions including radiant heat from synthetic surfaces and lack of ventilation at indoor centres; player wellbeing; and player acclimatisation. For the purpose of this policy a youth is a person aged up to and including 18 years of age. Note that young children are especially at risk in the heat and should not be forced to continue playing or training if they appear distressed or complain about feeling unwell.

REFERENCES & LINKS

- www.bom.gov.au - Bureau of Meteorology website for all weather forecasts & information
- [SMA Hot Weather Guidelines](#), [Beat the Heat Fact Sheet](#), [Heat Stress Index](#)
- [SMA UV Exposure & Heat Illness Guide](#)
- [Sun Smart Resources](#)

Last updated 21 November 2019

For more information visit www.footballnsw.com.au or contact your club or association.

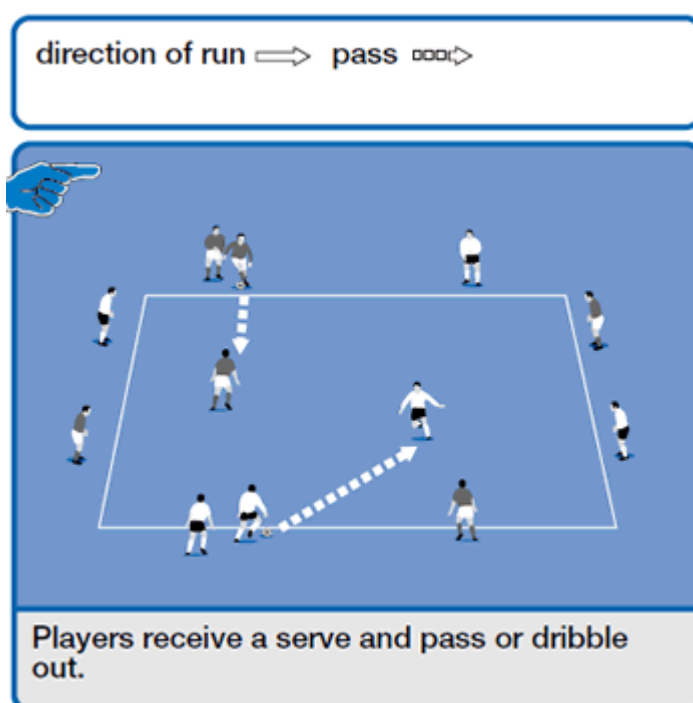
Coaching Tips

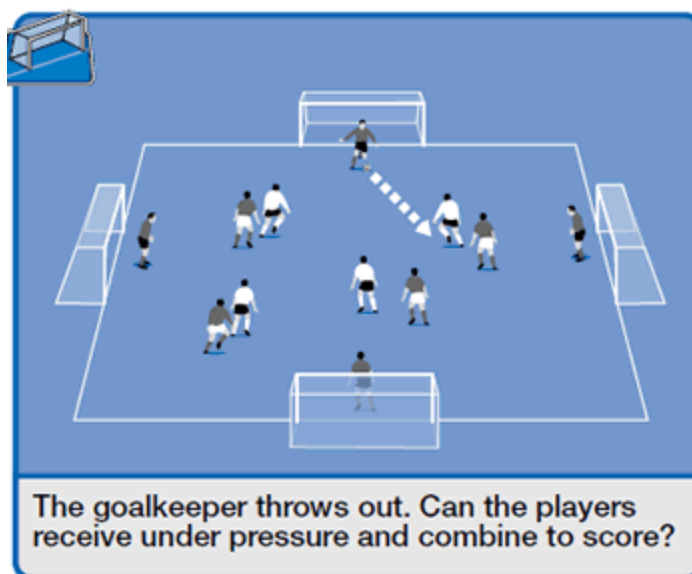
Receiving the ball under pressure

This session is designed to improve your players' technique, so they are confident to receive the ball under pressure. Individual practices will help develop a player's technique before putting them under pressure while in possession of the ball.

We naturally coach players' technical skills in isolation. This is to develop the key skills properly, so the technique is learned correctly.

However, this technique has to be developed by using the same pressure players are going to face in a match. Lots of players can play without pressure but only the best players can perform in match conditions.





How to set it up

Mark out a 20-yard square for the session and development, expanding to a 30-yard square for the game.

How to play it

The server passes the ball to a player in the centre of the area who must look over his shoulder before receiving the ball and then dribble or pass out to a new player.

The server now becomes the new central player. This practice can be progressed by making the player control a bouncing or lofted ball.

How to develop it

One team works on receiving skills and one team works on defensive pressuring techniques. The team working on receiving continues to do the same things as in the previous practice. However, this time they are under pressure from a "defender" who comes onto the pitch from different angles.

The defending players are numbered and take turns to apply pressure to win possession. The only rule is the pressuring defender must not enter the pitch until the serve has been made.

The receiver must look up and know where to make the first touch to take the ball away from the defender and keep possession.

How to play it in a game

The goalkeeper in possession passes to one of the teams. The team that has the ball can score past any goalkeeper except the one they have received the ball from.

This means it receives the ball under pressure and then retains possession in order to try and score a goal. If the defending team wins possession, it tries to score against the starting keeper.

5v2 three-goal defend

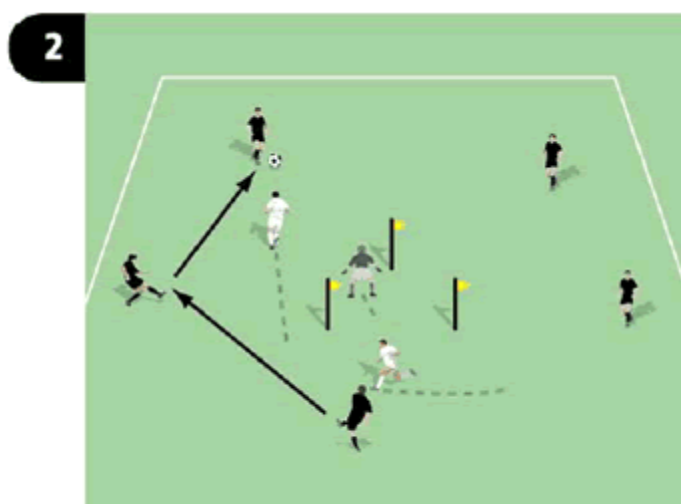
By Michael Beale

In this game, defenders work hard to pressure their opponent and block shooting opportunities. Having to defend three goals means defenders must make decisions and move quickly to cover space in front of them.

You need to set up an area 30 yards square and use three poles to make the goals. Five attackers face two defenders and a goalkeeper.



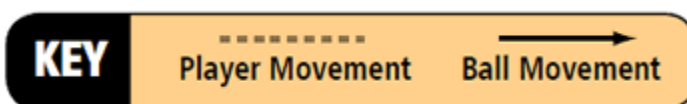
The interesting layout of goals will test your defenders decision making.



The defenders will have to move quickly and hedge their bets as to where the ball will be played.



The defenders will do well to get in many blocks like this one.



1. The pitch has three goals marked out by a triangle of poles. The defending team (goalkeeper and two defenders) must defend against the five attackers.
2. The attacking team attempts to pass the ball quickly in order to create a goalscoring opportunity.
3. The defending team must work as a unit, pressing the ball and constantly repositioning in order to stop the attackers scoring.

Dribble past your partner

This is a great warm-up to get your players confident on the ball so they are ready to play matches.



How to play it

- Arrange your players into pairs.
- The partner in possession of the ball must dribble with it and try various skills.
- The second player must jockey and continuously change position in relation to the dribbling player to stop him passing.
- On your first whistle, the player in possession turns away from his partner and tries to hold them off.
- On your second whistle, players change roles.

3v3 to coach support play

By David Clarke

In this 3v3 game, you can get players to learn about providing support and being in the right position to cover when the ball is lost.

Support play

In a 3v3 situation, one of the most important jobs is to support the player on the ball. There should be forward support to provide an attacking outlet and rear support to give a defensive outlet.

A pass back to the player covering the defensive area of the team can be an attacking move because it can open up space on the other side of the pitch.

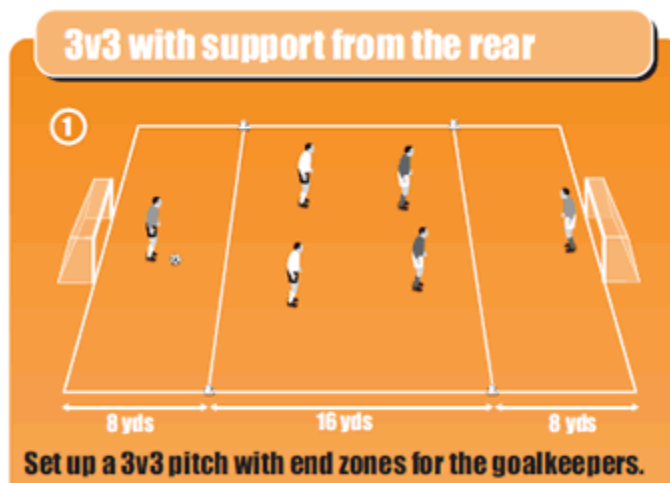
Support players need to think about:

- The angle of support

- The distance of support

Getting this right means the supporting player:

- Has a full range of forward vision.
- Can receive the ball comfortably.
- Has space to pass the ball to a team mate.
- Can move forward into space in front of them.



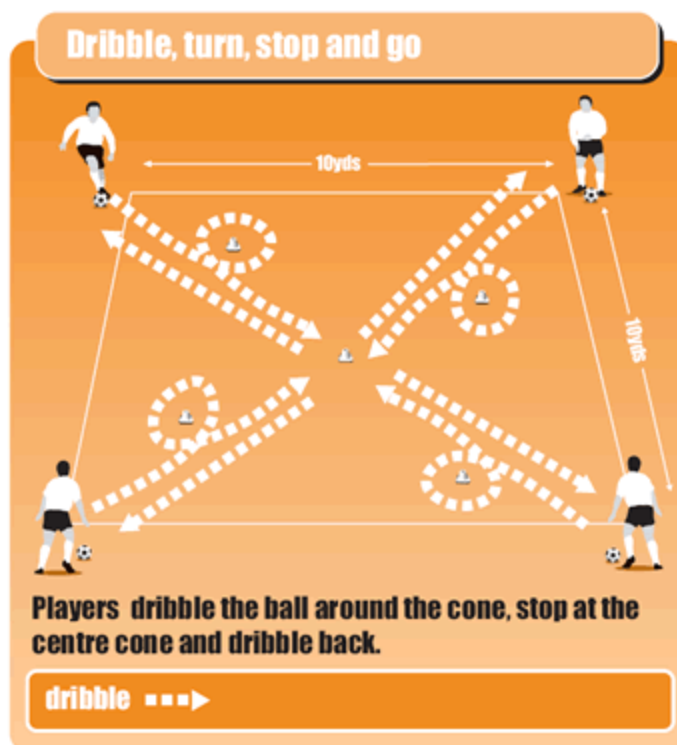
Get players to take turns

By David Clarke

How often do you see players run in straight lines? Very rarely, there's always an opponent in the way. This means ball manipulation is vital for players moving with the ball. If they cannot turn, they will very likely lose the ball.

Think about the obstacles they have to get around or movements to make it easier to pass the ball to a team mate. Turns are vital to a team's ability during a match to get into goalscoring positions.

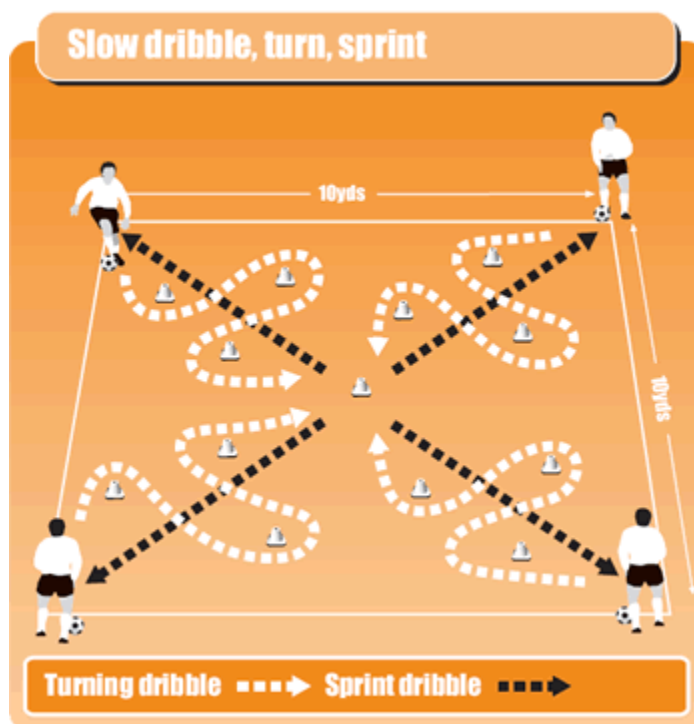
It is easy to set up simple circuits for your players to practise turning and to become comfortable turning with the ball under control. I use these two sessions with my players to coach turning with the ball.



Single turns

- Put a player, or players, on each corner of a 10-yard square.
- Put a cone two yards in from each corner and a cone in the middle.
- Players dribble the ball around the first cone, then at the centre cone they stop the ball, turn and dribble back.
- The players all go at the same time on your call of "go".

It is important you let players take their time when they start doing this. At first they just need to practise simply getting the ball around the cone. Then try to get them to use both the inside and outside of their feet.



How to advance the session

- Using the 10-yard square, you need players on each corner.
- Place 12 cones in four groups of three (see picture above) and a cone in the centre.
- Players start by dribbling slowly through the three cones.
- Then stop the ball at the centre cone, turn and sprint back, keeping the ball under control.
- Players all begin at the same time on your call of "go".
- Initially, control is more important than speed.
- Get your players to speed up once they have done the exercise a couple of times.
- Concentrate on the ability of your players to control the ball using the inside and outside of their feet.

There are more coaching tips and tricks here

[Coaching Tips - Shoalhaven District Football Assoc Inc - GameDay \(mygameday.app\)](https://websites.mygameday.app/assoc_page.cgi?c=0-8373-0-0-0&sID=282254)

https://websites.mygameday.app/assoc_page.cgi?c=0-8373-0-0-0&sID=282254

There are mini roos videos here - [NAB Skills series](https://www.youtube.com/watch?v=tACUktnba1I)

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