

WTFC COACHING DEVELOPMENT POLICY

The purpose of this policy is to outline desired coaching standards for all coaches within the Westlawn Tigers Football Club.

Our club strongly encourages all coaches to attain the appropriate coaching certificates

The following Coaching Courses are available through North Coast Football and are standard across the code:

Grassroots Coaching Certificate - This course is FREE, and done in less than 3 hours, and is a great introduction to coaching. Learn how to making training enjoyable and engaging for your players so they get lots of touches of the ball and have fun. We give you tips on how to start quickly, and keep kids engaged so they don't become distracted or disruptive.

This course is also ideal for parents who are not yet coaching and would simply like to gain a greater understanding of the concepts and practises of grassroots football to better support their kids.

It is a practical session where parents and coaches are involved in activities, as we set up and demonstrate sample training activities suitable for this age group, we look at how to make training fun and enjoyable for kids, and how to set up an environment where kids will best learn the game.

Skill Training Certificate - This course is \$68 and completed over 14 hours. This is the next level up from the Grassroots Football Certificate and targets slightly older age groups, while the focus is still very much on enjoyment, it moves more into player development and skill acquisition.

We set up and demonstrate activities that are based on building core skills including First Touch, Striking the ball, running with the ball, and 1 v 1, as these core skills make up 95% of actions required by an outfield player.

Coaches will learn how to set up a training session using: Skill Introduction > Skill Training > Skill game to make sure that players are learning and developing in game based activities.

This course may also be suitable for coaches of 14-17 year old players who haven't done a coaching course before, before attending a Game Training Certificate course.

Game Training Certificate - This course is \$68 and completed over 14 hours. In the Game Training Phase the coach's aim will be the development of tactical awareness, perception and decision making through a game related approach to training.

The course is conducted over 14 hours, is fully practical and provides the coach with training sessions designed to help the players apply the Functional Game Skills in a team setting using the FFA endorsed '1-4-3-3' formation.

Senior Coaching Certificate - For coaches training players 17 and above, this course costs \$68.00.

In this Phase the coach prepares the team for a competition environment where winning becomes the main aim. Training focuses on solving football problems, based on match analysis. FOOTBALL CONDITIONING also becomes a key part of the course

The course is conducted over 14 hours and assists the coach by providing model sessions on solving football problems.

Community Goalkeeping Certificate - This course is \$68 and completed over 14 hours. This course is for coaches wishing to work with goalkeepers in the community stream. It is player focused and based on the delivery of goalkeeper sessions that are safe, well organised, enjoyable and engaging.

We cover topics such as general handling techniques, dealing with crosses, 1v1's, positioning, and distribution. Learn how to incorporate your goalkeepers within team training sessions, and gain the technical knowledge to help develop your goalkeepers.

Westlawn Tigers Football Club will cover the costs for all coaches wishing to attain Certificates after they have performed one year of service as a coach to the Club.

Coaching courses that are free are exempt from the 12 months of service requirement.

POLICY REVIEW: This will policy will be reviewed annually to ensure that all information is up to date.