



## Coaches – Roles & Responsibilities:

### “Remember its “Positive or its Pointless”

The role of a team coach is many and varied, and key to players enjoying their sporting experience. A coach that is mean, rude or unfriendly will most likely not succeed. Players react more positively to a fun learning environment that provides friendly guidance and player development opportunities.

Remember it is all about the players experience – not you or your goals / aspirations. A good coach is a:

Teacher	Organiser	Selector	Philosopher
Psychologist	Student (Learning)	Mentor	Trainer
Mum/Dad/Carer	Planner	Motivator	Manager
Instructor	Communicator	Role Model	Friend

Essentially you are a Leader! The aim of a good coach is to get the best out of each player and develop them over the course of the season.

There are 3 specific areas a coach is involved with, these are:

#### 1. Team Management:

- ✓ Develop a close working relationship with the team manager (this is critical to the success of any team!)
- ✓ Communication of player participation, injuries, absences or issues with the Team Manager – develop a plan to address & communicate to the team.
- ✓ Communication with parents regarding player participation & development.
- ✓ Liaise with MCJAFc Committee members on club information and issues as required.
- ✓ Attend MCJAFc Coaches and Managers meetings where-ever possible.

#### 2. Training:

- ✓ Organising training, including setting the day/time.
- ✓ Planning each training session (aim of session, equipment, warm-up, drills, cool-down, lessons learnt)
- ✓ Running each Training Session.
- ✓ Providing feedback to players about training session performance and development opportunities.

#### 3. Game Day:

##### **Pre-Game:**

- Monitoring player attendance.
- Organising player warm-ups.
- Player Prep - Ensuring all players: Have the correct uniform, boots, mouthguard, Jewellery removed, Hair tied back, Sunscreen applied, been to toilet, are hydrated, key messages given, positions assigned and understood, and players are ready to take the field.

##### **During the Game:**

- Monitor player performance and health.
- Provide supportive coaching advice - within the guidelines established by MCJAFc and AFLQ-SC.
- During breaks – Make positional changes as required to ensure all players receive equal playing time, ensuring players are well hydrated.

##### **Post-Game:**

- Together with the Team Manager, award Best & Fairest points.
- Provide positive feedback as to player performance.

**Remember:** Coaching is largely an individual and personal skill that is acquired, enhanced and modified in the light of experience and experiment.



### For a Coach it is a constant challenge to:

- Get the best performance out the players at the right time.
- Develop methods and techniques that are aligned to specific player development needs / requirements.
- Keeping the players motivated and interested.
- Having Fun is important! They must enjoy the experience otherwise they won't come back or keep playing.
- Being consistent and enthusiastic in you approach.
- Being Patient (players develop and respond to direction / feedback differently).
- Out thinking the opposition coach.

### Characteristics of a good coach:

- Possess a sound technical knowledge of the basic Australian Football skills and rules that governing the game for the age group being coached.
- Have an awareness of the strategies, tactics, routines, and practices relating to the game.
- **Being positive at all times.**
- Provide clear and firm communication of direction and requirements and be able to hold the attention of players.
- Be a good listener.
- Be flexible and adaptable to change when it is required.
- Have a sense of responsibility about the team and player development & experience.
- Have good organisational and administrative skills to implement the coaching program.
- Possess a genuine passion for the game and the development of the players under their control.
- Considers players feelings and needs.
- Provides careful judgement when making decisions, taking into consideration all factors and using a common-sense approach.
- Be able to keep emotions under control.
- Have the ability to think clearly at all times.
- Possess sincerity and honesty at all times.
- Not expecting too much too soon. Players develop and respond differently. A lack of patience is a common trait of a beginner coach.
- Giving players equal opportunity to participate and develop.
- Being neat and clean in appearance (wearing club shirt on game days) – Acting in a professional and courteous manner.
- Being aware of body language and ensuring it is positive and non-threatening.
- Being punctual and dependable (turning up when you say you will turn up!).

### Key function of the coach:

From a team perspective and over the course of the season the key function of the coach is to:

- Identify areas of team strengths and weakness.
- Develop plans to address those weaknesses and capitalise on the strengths.
- Monitor team performance levels.

Where team performance is below expectations:

- Determine WHAT went wrong.
- Determine WHY it went wrong.
- Determine HOW to correct the mistake, so it doesn't occur again or if it does its impact is minimised.

