

## Team Rules Future and Beyond ideas only ( Always changeable)

### ACTION -----EFFECT-----RESULT

(Basic) Make these rules a **HABIT**.

A habit that will become a natural part of your football life.

Ask yourself? **What is the effect if we do, what is the effect if we don't**

A. **Handball off ground** this Creates no's around ball, gives enormous support, (confidence) continues ball movement.

B. Endeavour **not to U Turn**, handball off to a team mate in your vision, need support by vision player, strong communication

C. In back half look to switch play, Create space across ground by leading inside to open up area behind

D. Always look to play on. (Generally) Cast eyes around quickly then move off if able, **verbal support** required.

E. Marking overhead while stepping backwards feed ball out back. Player behind be aware. Back off run wide.

Marking out in front this is your **decision time**, play on, give off, go back for kick or change direction.

F. Never go short to 50/50 **Kick long to SPACE** to speedy player or kick to (nominated) **"GO TO"** player if stuck, long out of the area.

G. First player clear and running forward, Kicks, unless better option opens up. Decision time.

H. Bring ball back through midfield whenever possible. Depending on situation. need **one player in centre square** at all times.

I. Protect ball carrier, (decision time) do I **shepherd or peel off**. Decision Time

J. Run directly at opponent. (**trunk of body**) Makes opponent get rid of ball. Other players then need to give support.

K. Keep asking yourself what can I do next.

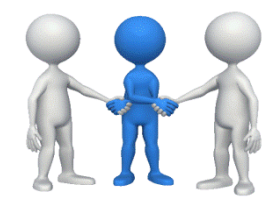
| <p>Idea.Set our rules like this</p> <p><b>ACTION</b></p>  | <p><b>TEAM RULES</b></p> <p><b>EFFECT</b></p>   | <p><b>RESULT</b></p>   |
|---|---|--|
| <p><b>Our Ball</b><br/>           1st Option<br/>           Hands off Ground<br/>           Give and Protect</p>              | <p>Quick Play<br/>           Creates No's / Ball<br/>           Confidence for ball Carrier</p>               | <p>Creates more Options<br/>           Lift Head/Look Retain Poss.<br/>           Retain Possession</p>            |
| <p><b>Ball in Dispute</b><br/>           Multiple Effort<br/>           Front &amp; Square<br/>           Effective Spoil</p> | <p>Win Ball<br/>           Best Position to Win Ball<br/>           Front or Behind Punch Ball/ advantage</p> | <p>Gain Possession<br/>           Gain Possession<br/>           Gain Possession</p>                               |
| <p><b>Opposition Ball</b><br/>           Power Chase<br/>           Run at Opponent<br/>           Man on Man</p>             | <p>Apply Extreme Pressure<br/>           Stop Opponent following On<br/>           No Free Options</p>        | <p>Kick Sprayed / Tackled<br/>           No Numbers<br/>           No Options</p>                                  |
| <p><b>Communicate</b><br/>           Paint a Picture<br/>           Describe Situation<br/>           Use Players NAME</p>    | <p>Mate can Visualize<br/>           You are the eyes, Create Clear Mind<br/>           No Confusion</p>      | <p>In Best Position<br/>           Knowledge of Situation<br/>           Deliver Ball Forward</p>                  |
| <p><b>Red Time</b><br/>           Control<br/>           Situation<br/>           Tempo Fast/Slow</p>                         | <p>Focused<br/>           Attack or Defend<br/>           Disciplined</p>                                     | <p>Cool in tight Situations<br/>           Reading the Play<br/>           Setting up, Win Pressuring Opponent</p> |

**My EMOTIONS on  
The  
Training  
Track**



|   |   |  |  |
|---|---|--|--|
| <b>My Mood</b>  | I am often in a bad mood  | My moods change often  | I am often in a good mood  |
| <b>My relationships with others</b>                       | I often make fun of people and make silly remarks.                  | I try not to hurt others feelings  | I always say positive things to team mates   |
| <b>My Attitude at training</b>                            | I often complain  | I don't complain and do what I am told. Stay in my comfort zone                          | I love it, straight to work and make sure I encourage others                             |
| <b>When I do something wrong or someone criticises me</b> | I lose it very quickly<br>I hit back,<br>EXPLODE or stop trying     | I try and stay focused, follow the rules and hopefully receive support                   | I know how to stay focused, control my thoughts, take a few deep breaths get on with it. |
| <b>When I don't like something</b>                        | I criticise the person, I lay into them, or I say nothing and SULK. | I try to tell them in a polite and calm way  | I try to understand why, if necessary I am not afraid to ask                             |
| <b>When someone else makes a mistake</b>                  | It drives me mad and I lay into them Hard.                          | It annoys me, they think it's all about them generally, tell myself it wasn't on purpose | I first of all encourage them and make it clear I understand how/why it happened         |

# My EMOTIONS In a GAME



## My Objective

Win at all Costs.  
Bring them down

I think Respect is important  
however in a game I get carried  
away by the game and score

**I give my Best. I try to perform well,  
respect all players, umpires and the  
rules.**

## Umpires Decisions

I argue every decision. I can't  
stop thinking about it, it affects  
me.

I find it hard not to have a go. I need  
time to refocus on the game. Team  
First

**I accept the umpires decision I don't  
argue, I get straight back into the  
game**

## If an opponent comes after me

I react immediately. Nobody  
pushes me around. I'll show them

It affects me, I keep a lid on it,  
cannot let it get to me, deep  
breaths back at it

**I know how to stay focused in the  
game and what it means to the  
Team**

## The runners message

Not you again.  
Buzz Off.

Listen, try to take it on board, not  
sure he is right. Need to focus.

**Listen, take it on board, straight  
back into game. Speak to Coach half  
time.**

## When we WIN

Rub it in, look down on them and  
telling them they are rubbish

I feel great. I don't talk down to  
them. Shake hands, then listen to  
our coach

**Happy, very proud of our team's  
achievement, Great learning  
experience.**

## When we Lose

Hard to accept, I take it out on  
others, even if they didn't play

I am in a bad mood for a short  
while, start looking at the good  
things we did.

**Disappointed, we all learn from the  
experience, it's all part of the game.**

# Stairway to Change AIMS

## STATION 1

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All Coaching positions filled by end of October Senior, Women's, Juniors. With Exception.  
All current players to be signed by the end of June

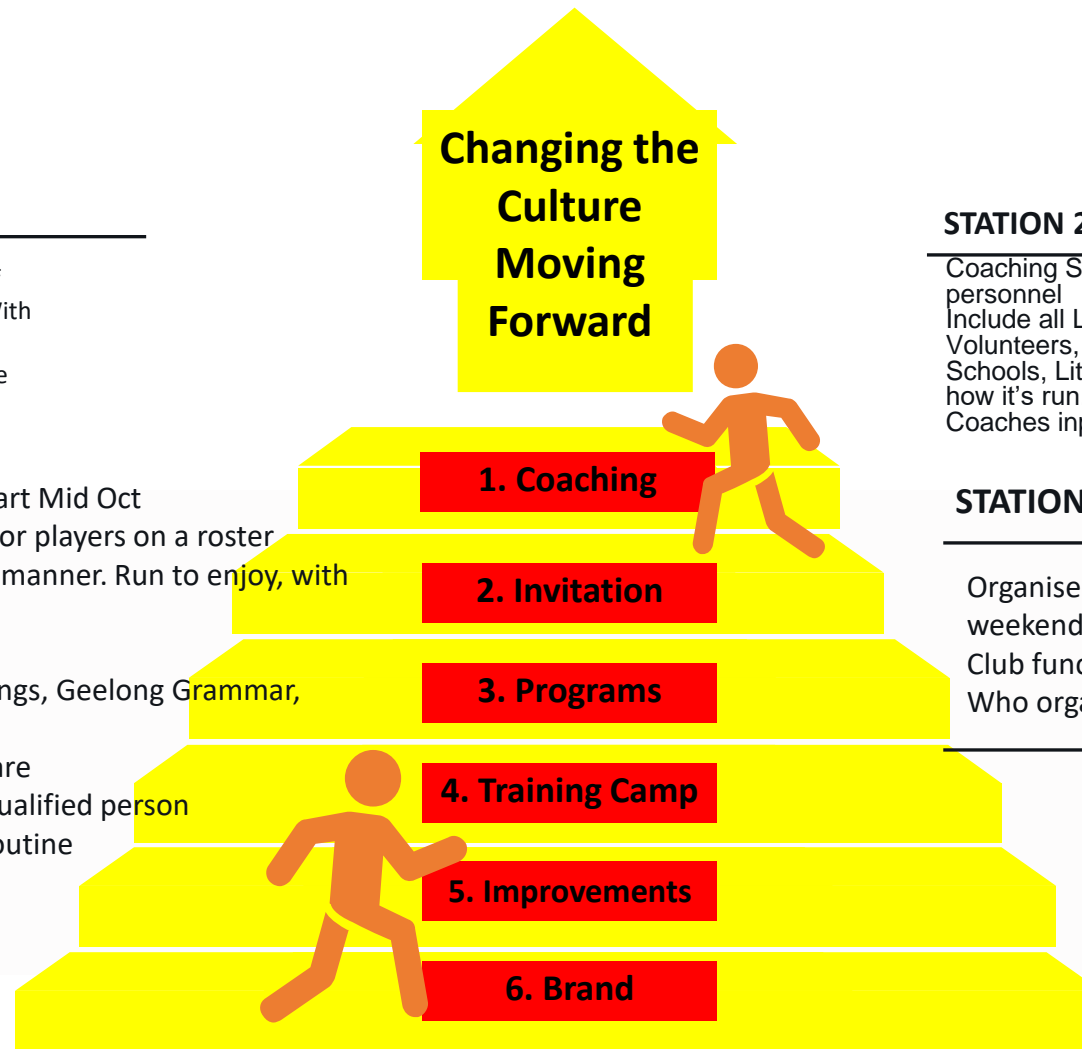
## STATION 3

Running Club Sessions (not compulsory) Start Mid Oct  
Foundation Work. Run by experienced senior players on a roster system once a week, in a very professional manner. Run to enjoy, with mates (CREATE a life style skill)  
U15,U17,U19 Netball, Football, (both)  
Creating a strong culture, Lara Lake, You Yangs, Geelong Grammar, Lara Environs  
Bike Sessions Bike and Run, two people share  
Weight training sessions, program set by Qualified person  
Yoga Sessions on occasions, beaking set routine

## STATION 5 The Future

Computer update with new program  
Program for Stats  
Mobile TV for replay and review, presentations  
Mobile TV for Team Selection (Sporting Club)  
Interviews (team selection 5/10 mins)  
Past Players, Current players, Coaches, Volunteers, Sponsors  
**Carpet HUDDLE Mat Large in change room.**  
Size of room

## Changing the Culture Moving Forward



## STATION 2

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Coaching Seminar run by Club personnel  
Include all Lara Personnel.  
Volunteers, Football, Netball Juniors, Schools, Little River, Sponsors, see how it's run.  
Coaches input.

## STATION 4

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Organise a training camp over a weekend.  
Club function. Where, When  
Who organises ??

## STATION 6

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### WEB Site up to date

Past and current day player interviews,  
Sponsors  
Team Selections  
Separate from Sporting Club (Web Site)  
COMMUNICATION keeping everyone informed

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FOOTBALL/NETBALL CLUB

*“OUR WAY”*

THE PREMIER FAMILY CLUB

**“Live the Dream”**

