

## Community Football Team – Childrens Section (U9s-U12s)



Welcome to all new and existing players for season 2009 / 2010

The Falkirk in the Community Football Department is committed towards providing opportunities for children and youths to participate in football in an environment that fosters fair play, participation and enjoyment for all.

The aim of the Community Football Teams is to:

- Promote small sided game for boys and girls as set out by the Scottish Football Association Football Development Dept.
- Provide a clear pathway for players to develop to their full potential.
- To develop a pathway for players from : Child → Youth → Adult football
- To retain their interest in tee game as a : player/coach / club helper or supporter

This booklet is part of the Falkirk Football in the Community Department (Children's / youth section) strategy to ensure that you have awareness and knowledge of the clubs aims, ethos, code of conduct and match rules.





The aim of the “Community Football Teams” is as follows:

- To encourage the participation in and enjoyment of football for all, irrespective of race, colour or religion.
- To promote the ethos of co-operation, respect for others, loyalty, self belief and the need for teamwork.
- To develop the skills and fitness of young people playing football, irrespective of ability, through a modified game.
- To provide a positive developmental environment for children to play football.
- To promote sportsmanship and fair play in all young footballers.
- To foster personal responsibility by all players, coaches and parents.

The Falkirk in the Community Department coaches, players and club helpers shall endeavour to promote these values.

Football season coaching format:

## **Pre season Training:**

Thursday 23rd July 2009 @ Moray PS Grangemouth

Pre season : Thursday 23rd July – Thursday 27th Sept 09

## **Official team Picture –**

All players are asked to attend the official team photoshoot at the Falkirk Stadium at the end of August. The team coach will let you know when it is.

## **Winter Training :**

Starts after the October school holiday week. There will no training during the October school holiday week.

Team Coaches will inform you of winter schedule ie ( Venue // start time etc)

## **Spring/Summer Training:**

April 09 – May 09            This takes place after the Easter holiday break, at Moray Primary School, Grangemouth.

**For all the latest news in the community programme log onto : [www.falkirkinthecommunity.co.uk](http://www.falkirkinthecommunity.co.uk)**



## **Sports Science:**

The under 10 / Under 11 and under 12 teams will be invited to take part in a sports science programme aimed at improving their overall fitness levels through a structured fitness programme delivered by qualified sports scientist. These sessions will be carried out at Moray PS and the Falkirk Stadium. Each team will be notified of where/ when and what time it takes place. This is an additional training evening.

## **Presentation Evening:**

All players will be invited to attend a presentation evening at the end of May / June 2010, where every player will receive recognition for their efforts throughout the season.

Community Club Fee: All Falkirk FC community team players must pay £ 50 each season towards the ongoing costs that we incur each season.

Club fees help pay towards the following: sports science programme, sports science programme indoor hire, sports science equipment, winter pitch hire for matches at Larbert High School and Falkirk Stadium, administration costs, coaches kit, coach education for all coaches, Coerver Coaching In-service training programme for all coaches, website costs, Disclosure checks for all coaches and club helpers, youth team cup fees, FVFDA League registration fees for all teams, SYFA registration fees, Team League cup fees, SYFA insurance fees for all teams, presentation evening medals and trophies, coaches gifts, facility hire, Falkirk Cup fees, first aid courses for all coaches and Forth Valley end of season football festival.

This fee is due before the 30th November 09.

- Payment £ 50 – November 09 (Cheques for the above should be made payable to “Falkirk School of Football”.)

## **The Falkirk Youth International Cup:**

All our children’s teams will play in the Falkirk Cup which will again be held at Little Kerse, Grangemouth and will take place on Friday 2nd and Saturday 3rd April 2010. Teams have been invited from all over Scotland, England and abroad to make the festival as exciting as possible for all our young players.

## **Monitoring and Evaluation:**

As part of our efforts to improve our programme, I have attached an evaluation form for you to complete and return to the Football. We appreciate the time taken to complete this.

The Forth Valley Football Development Association (FVFDA) will provide a programme of small sided fixtures.

All parent / guardians should log onto the Falkirk in the Community website – [www.falkirkinthecommunity.co.uk](http://www.falkirkinthecommunity.co.uk) or log onto the main Falkirk FC site and click on community for up to date information and latest news.

The programme will offer under 9s – Under 12s the opportunity to participate in 4 & 7 a side football games.

The playing season will be from: August 08 – December 08 and March 09 – July 09



# Contacts for Season

Falkirk in the Community Contacts and Telephone numbers:

FITC Administrator – Mrs Lee Chalmers – 01324 624121 option 3: [leec@falkirkfc.co.uk](mailto:leec@falkirkfc.co.uk)

Head of Community Coaching: Tom Elliott - 01324 624121 option 3 [tome@falkirkfc.co.uk](mailto:tome@falkirkfc.co.uk)

Senior Community Coach – Richard Fox – 01324 624121 option 3 [richardf@falkirkfc.co.uk](mailto:richardf@falkirkfc.co.uk)

Full-time Community Coach – William Hoggan - 01324 624121 option 3



**Tom**



**Richard**



**William**

One of the key elements crucial to the success of the Falkirk in the Community Programmes is the conduct of players, coaches, adults and others associated with the teams.

Players are accustomed to playing in a non threatening environment, so therefore it is essential that there is no complacency.

The league is about the education of all players, coaches and adults. Please be patient.

## Adult Code of Conduct

### **DO:**

Be patient and supportive.

Highlight play from both teams.

Emphasise good behaviour.

Exercise self control when a goal is scored.

### **DO NOT:**

Criticise mistakes

Complain about the Supervisor

Use technical terms when issuing instruction

## Players Code of Conduct

### **DO:**

Have fun.

Before and after each match shake hands with opponents.

Use your skills.

Play fairly and encourage your team mates.

Behave well at all times.

Accept the decisions of the supervisor

Shake hands with opponents after each game

### **DO NOT:**

Make fun of your opponents.

Argue with the match supervisor.

Criticise other players when they make a mistake.

Use bad language on team mates or opponents

Be un-sporting when you celebrate a goal.

The rules for small-sided games should be kept to a minimum. No scores should be published in the media or on official or unofficial Club websites.

In an effort to educate the children with regard to fair play, the recommendation is that activity sessions shall be played without a referee.

The responsibility for ambiguous decisions regarding play shall be made by a nominated member of each Club, known as the 'Match Supervisor', who may officiate on a one half each basis or as agreed between the two clubs.

**9.3;** The duration of the activity shall be as follows;

U9s - 7 – 10 mins each game

U10's - 20 minutes each way,

U11's/U12's - 25 minutes each way, with a 5 minute interval. Flexibility should prevail.

Club officials have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch of teams.

**9.4;** Goalkeepers may kick the ball from hand or throw the ball out as preferred however in an effort to prevent long passes prevailing, they are restricted to 'passes' within their own half of the pitch. No gk at under 9s

**9.5;** Goalkeepers attempting to gather the ball by hand may not be challenged.

**9.6;** The offside rule shall not apply.

**9.7;** Should the ball exit the field of play via the sidelines at U9's kick-ins will be used to restart the game.

**9.8;** On all occasions when the game is started or restarted, opposing players shall be at least 10 metres away from the ball.

**9.9;** Penalty kicks shall be taken from 7 metres away from the goal line.

**9.10;** Play shall be re-centred after a goal has been scored.

**9.11;** Substitutions may be made at any time in the match.

Players can be substituted more than once. In the event of an obvious mismatch, an extra player may be fielded by the weaker Club as jointly agreed by the respective Club leaders.

If an extra player is not available the stronger team should remove a player.

**9.12;** Clubs are encouraged to ensure that players are given equal opportunity to play and substitutions at the end of the game or half, giving players only a minimum amount of playing time, must be avoided.

**9.13;** Modified goals and pitch dimensions shall be applied in accordance with local circumstances.

The S.F.A. junior goalposts should be used wherever possible (4.9 metres x 1.8 metres) with a pitch size recommended at 55 metres x 36 metres by all age groups except the U9's who should use a pitch of half of this size and a goal size of 2.4 metres x 1.2 metres.

Please note that a co-ordinator employed by the Scottish Football Association will be present at the venue and is there to help with the smooth running of the fixtures.

All players should arrive approximately 15 mins prior to the start of their match.

Players should wear their rain jacket and bottoms to matches on a Saturday.

Each player will receive a matchday strip from Falkirk FC **Venue co-ordinator.**

The co-ordinator is in charge of the weekly programme of fixtures and will make sure the teams are on the correct pitch



Touchline Behaviour (i.e parents, players and supporters)

- Never address opposing players in a negative or aggressive manner.
- Never criticise match supervisor or co-ordinator in an aggressive manner.
- Never berate your own players
- Foul and abusive language will not be tolerated

## **Player's Behaviour**

Criteria for disciplinary action against players during games will be as follows:

- Responsibility is in the first instance, on the coach to substitute players displaying unacceptable behaviour.
- If any player repeatedly commits what would be classed as a bookable offence, the coach should replace the player.
- If a player is consistently displaying poor behaviour they will be reported the Head of Community Coaching and asked to attend a meeting with him along with his / her parents or Guardian.
- Falkirk FC will remove any player from the programme who displays unacceptable behaviour at training or on a matchday.

## **Parent / Guardian Behaviour**

- Falkirk FC will remove any Parent / Guardian who displays unacceptable behaviour either at training or on a matchday



The co-ordinator will carry a first aid kit with him on match days.

The Coach will carry emergency number ( s ) of all his / her team

Supervisors should contact the co-ordinator of any situations that require urgent attention.

The incident will be recorded with all details including the players name and his details and nature of the cause of the injury.

Observers may be asked to provide witness statements. This will be done by the team coach.



# Keeping up to date

Information and updates about the Community Football Teams can be found on the Falkirk in the Community website on [www.falkirkinthecommunity.co.uk](http://www.falkirkinthecommunity.co.uk)



[www.footballcentral.org](http://www.footballcentral.org)



[www.soccerspecific.com](http://www.soccerspecific.com)



[www.falkirkfc.co.uk](http://www.falkirkfc.co.uk)



The success of this programme depends on everyone involved, adult or child, and it is our responsibility to ensure everyone associated with our club know this and supports us in our aim to develop these young players....

Enjoy the Season

