



PRE-SEASON TRAINING POLICY

Background

Member Clubs in conjunction with the league developed guiding principles that govern the conduct of training during the off season.

The policy reflects the expectations of;

- SEJ member clubs
- parents
- participants
- and other industry stakeholders

This policy is designed to assist in the player welfare and volunteer management.

Pre-season Training

All training sessions must be authorised by the Clubs Executive or General Committee. Where training is conducted on council facilities, reserves and land, a club Executive MUST seek permission from Council or Committee of Management in writing. This expressed permission will alleviate any potential concern around insurance.

Based on the philosophies for each of the following age groups South East Juniors and its clubs agree that training for the respective age groups should not commence until the following times.

Coaches who allow training outside these agreed times and not seek permission from their clubs will face sanctions in line with the Coaches code of conduct, and the SEJ Board may take further action against the club or team.

To address issues of player movement, clubs will not allow Registered Players from other clubs to train with another club unless permission is sought from the player's immediate previous registered club.

(a) Training for Age Group's U11 & U12 – No earlier than February/March

The focus for these age groups should be to learn all the principal skills of the game and develop basic physical competencies. During training sessions coaches' should be introducing both technical and tactical skills with a focus on cooperating with others in game related and skill development activities.

The focus of training is on learning rather than competition and it is imperative that there is a balance between training and playing, the focus is still very much about fun and participation.

These age groups would start training in mid to late February/March.

(b) Training for Age Group's U13 to U14 – No earlier the February

The focus for these age groups should be to learn all the principal skills of the game and develop basic physical competencies while consolidating the basic skills of the game. Players should be introduced to both technical and tactical skills, including positional play and basic performance enhancing techniques such as warm-up, cool-down, nutrition/hydration, recovery and goal setting.

The focus of training is on learning rather than competition and it is imperative that the balance between training and playing exists. The focus should be on fun and participation.

(c) Age Group's U15 to U17 & Youth Girls – No earlier than December

The focus for these age groups should be on developing a higher level of skills of the game as well as physical competencies. The aim should be on expanding on the developing of fitness, individual, positional and team skills taught in the U12 to U14 age groups.

There is an opportunity to develop higher level competition skills through modified games and game sense, where players are provided with appropriate competition through decision making drills to enhance learning.

Adopted February, 2012

Reviewed Annually