



**WENTWORTH FALLS FC
COACHES & MANAGERS
HANDBOOK 2025**

PRESIDENT INTRODUCTION

Welcome aboard the Wentworth Falls Football Club team! We are delighted that you can help as a manager and/or coach and look forward to a great year ahead. Coaches and managers serve as the essential foundation of this club, and without your invaluable assistance, running the competition would be challenging. I would like to express a heartfelt thank you for your dedication and contribution.

Engaging in coaching can be an enjoyable and fulfilling journey. It grants you the opportunity to witness the growth and transformation of the players you guide, observing them evolve into remarkable individuals. Witnessing their progress as they follow your advice and achieve commendable results. This is a rewarding experience for both you and your players.

Your efforts contribute to creating a safe and supportive environment, allowing our players to thrive both as individuals and as a cohesive team. It goes beyond the game, extending into life experiences, personal development, and lasting connections.

As Arjen Robben, the esteemed professional soccer player, aptly puts it, "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." Your role as a manager and coach is instrumental in instilling these types of beliefs in our players, helping them overcome challenges and reach their full potential. Thank you for being a driving force behind the development of not just skilled athletes, but also resilient individuals with a strong sense of camaraderie.

We are here to support you as a coach and/or manager. You are not alone. This handbook is a guide to help you get started. It will help you no matter what level of experience or knowledge you have. We can also organise some training for you to supplement the handbook. Please reach out to Dr Isabel Arnaiz via president@wentworthfallsfc.com.au or Emma Keir, Club Coach Co-ordinator WFFC via coaching@wentworthfallsfc.com.au, if you need any support or assistance.



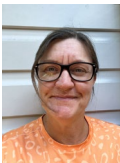
Dr Isabel Arnaiz
President
Wentworth Falls Football Club

CLUB COACH COORDINATOR INTRODUCTION

Wentworth Falls Football Club appreciates that without the help of our volunteer coaches and managers, it would be very difficult to put teams on the pitch each weekend. Our Club is proud to support grass roots football in the Blue Mountains, and you play a crucial role in keeping this alive and well! My role at the club is to support our coaches to teach young people how to play football – ‘The World’s Game’.

This handbook has been developed for all coaches and managers as a guide to the basics of coaching and managing a team. The information is a baseline to providing a fun, safe and inclusive environment for all our members. This handbook is available on our website so you can access it from wherever your team is playing.

The WFFC team is here to help you do the best job you can, so don't hesitate to ask a committee member or contact myself at coaching@wentworthfallsfc.com.au, our President president@wentworthfallsfc.com.au or our club Secretary at secretary@wentworthfallsfc.com.au if you need any further information.



Emma Keir
Club Coach Coordinator
Wentworth Falls Football Club

CONTENTS

PRESIDENT INTRODUCTION 1

CLUB COACH COORDINATOR INTRODUCTION 1

USEFUL WEBSITES..... 5

BEHAVIOUR 5

CHILD SAFETY..... 5

COACH, MANAGER, TEAM MARSHAL & GROUND OFFICIAL DUTIES..... 7

 COACHES..... 7

 MANAGERS..... 7

 MARSHALS DUTIES 8

 GROUND OFFICIAL DUTIES..... 8

GENERAL INFORMATION FOR ALL TEAMS..... 9

 FIELD OPEN / CLOSED FOR GAMES 9

 PLAYER NUMBERS, MATCH TIME & BALL SIZE 9

 COACHING ACCREDITATION REQUIREMENTS 10

 PLAYER EQUIPMENT..... 11

 TEAM KITS..... 11

 TEAM SHIRT CARE..... 11

 TRAINING INFORMATION 12

 TRAINING EQUIPMENT..... 12

 USING THE ROLLING GOALS (3x2m, 5x2m and full size) 13

 OPEN AND CLOSE OF TRAINING GROUND FACILITIES..... 14

 THE DRAW 15

GAME DAY INFORMATION.....16

 REFEREES..... 17

 COMPETITION TEAMS U11 to All Age 17

 MINI ROOS AND JUNIOR NON-COMPETITIVE (U6-U12) 18

 TEAM SHEETS..... 18

 PLAYER ID CARDS..... 19

 ABANDONED GAMES 19

 FORFEITS 20

 PLAYER SHARING / UPGRADING OF PLAYERS TO HIGHER DIVISION OR AGE GROUP 20

ADDENDUM 1 – EXAMPLE TEAM TRAINING SESSIONS21

 U9-U12 – SESSION TEMPLATE EXAMPLE 22

ADDENDUM 2 – EXAMPLE TEAM MANAGEMENT PROTOCOL.....24

ADDENDUM 3 – PAPER TEAM SHEETS25

ADDENDUM 4 – IS A PLAYER OFFSIDE?.....26

INTRODUCTION TO WFFC

ACRONYMS USED IN THIS DOCUMENT

- NFA

WFFC

NRG

FFA
- Nepean Football Association (our district competition body)

Wentworth Falls Football Club

Nepean Referee Group

Football Federation Australia

WFFC EXECUTIVE COMMITTEE CONTACT LIST 2025

Position	Name	Email	Contact Number
President	Isabel Arnaiz	president@wentworthfallsfc.com.au	0422 112 006
Vice President	Micheal Kocoski	vicepresident@wentworthfallsfc.com.au	0414 195 597
Secretary	Moneeka Bali	secretary@wentworthfallsfc.com.au	0431 083 721
Treasurer	Cassandra Spees	treasurer@wentworthfallsfc.com.au	0406 688 270
Summer Football Subcommittee Rep	Graeme Patterson	patto_gk@hotmail.com	0490 699 336

WFFC TEAMS COMMITTEE CONTACT LIST 2025

Position	Name	Email	Contact Number
Registrar	Brad Flack	registrar@wentworthfallsfc.com.au	0409 789 311
	Caroline (Carrie) Flack		0409 838 777
Competition Secretary	Malcolm Clines	compsec@wentworthfallsfc.com.au	0414 316 962
Summer Football Competition Manager	Michael Garwood	wentworthfalls7aside@gmail.com	0451 127 318
Club Coaching Coordinator	Emma Keir	coaching@wentworthfallsfc.com.au	0425 252 914
Female Football Coordinator	Lainie Shimell	femalefootball@wentworthfallsfc.com.au	0417 277 140
	Samantha Brown		0493 564 327

WFFC OPERATING COMMITTEE CONTACT LIST 2025

Position	Name	Email	Contact Number
Property/Grounds Coordinator	Malcolm Clines	compsec@wentworthfallsfc.com.au	0414316962
Equipment Officer	Tania Maalouf	taniajane@hotmail.com	0499 752 331
Sponsorship Coordinator	Shaun Seldon	shaunseldon@yahoo.com	0448 404 323
Competition Communications	Amanda Connelly	74chals@gmail.com	0409 848 556
Club Photographer	Madeleine Reyter	mazeratie103@gmail.com	0416 347 067
Website Coordinator	Brendan Martin	brendan.martin@wentworthfallsfc.com.au	0414 472 431
Media Officer	Emilia Gosling	media@wentworthfallsfc.com.au	0452 549 347
Unity Cup Officer	Charlotte Williams	Unitycup@wentworthfallsfc.com.au	0498092056
Team Formation Committee	Lisa Starr	starr.lisa@live.com	0410 606 891
	Damon Anderson	damosand72@gmail.com	0418 453 351
	Isabel Arnaiz	president@wentworthfallsfc.com.au	0422 112 006
	Matt Connelly	branchestimbercraft@gmail.com	0417 233 891
	Amanda Connelly	74chals@gmail.com	0409 848 556
	Emma Keir	coaching@wentworthfallsfc.com.au	0425 252 914
	Micheal Kocoski	mkocoski@bmcc.nsw.gov.au	0414 195 597
	Cassandra Spees	cass@againstthegrain.net.au	0406 688 270
	Patrick Pesch	pat@p2.com.au	0410 606 891

WFFC GENERAL COMMITTEE MEMBERS CONTACT LIST 2025

Position	Name	Email	Contact Number
General Member (WWCC)	Sara Johnston	sara-leejohnston@bigpond.com	0458015924
General Member	Andrew Gelao	andrewgelao@gmail.com	0438 804 025
General Member (helping with Field management)	Shemek Tschirch	shemek@greenapplemedia.com.au	0422 526 467
General Member	Nigel Casey	ncasey70@gmail.com	0455 094 437
General Member and Team Formation Committee	Lisa Star	starr.lisa@live.com	0410 606 891
General Member (Coach)	Patrick Pesch	pat@p2.com.au	0410 606 891
General Member	Damon Anderson	damosand72@gmail.com	0418 453 351
General Member (Coach)	Matthew Connelly	branchestimbercraft@gmail.com	0417 233 891
Member Protection Information Officer (MPIO)	Casson Levy	casslevy1@hotmail.com	0401 389 639
Non---Committee Member			
Canteen and Merchandise Sales Manager	Sharon Alexander Rice	canteenqueens@gmail.com	0408 488 761
Non---Committee Member			

USEFUL WEBSITES

www.wentworthfallsfc.com.au – Club information, news, events and resources
[WFFC Coaches Resources](#) – Includes session plans and other useful guides to training your age group
<https://www.playfootball.com.au/coach> – Excellent coaching resources
www.nepeanfootball.com.au - for looking up the draw/tables/scores/rules/regulations/links
www.miniroos.com.au - for useful hints and tips on miniroos along with session plans
www.footballnsw.com.au – coaching resources, useful info, rules
[Hey Sport, R U OK? I Resources](#) – Ways to help people you feel may be struggling

BEHAVIOUR

Be a positive role model

Wentworth Falls Football Club, along with the wider football community, maintains a Zero Policy on Abuse and bullying - either verbal, physical or through social media platforms.

Abuse of Match or Club officials or other players WILL NOT be tolerated AT ALL by any member of WFFC

This extends to coaches, managers, family members and spectators. Breach of the Codes of Conduct is taken very seriously, fines may apply. Please note that WFFC committee reserves the right to decline or cancel any registration at any time and for any reason they deem justified.

WFFC also trust that our members behave in an admirable manner especially when they are visitors to other club grounds, that they abide by and respect the rules of other clubs. Clean up after your team, and remember that it is more important that children enjoy their football experience, than feel pressure to win games.

For any behaviour issues you witness that you feel are not being resolved by the committee please contact our **Member Protection Information Officer**- mpo@wentworthfallsfc.com.au

CHILD SAFETY

There are many facets to child safety, and WFFC aims to maintain best practice in this field. We do expect all our coaches and managers to complete the first NSW government training module on child safe sports. This can be complete by:

- follow link - <https://ocg.nsw.gov.au/training-and-resources/elearning>
- Register (or if you have account, sign in)
- scroll down and select “Child Safe Sport”
- Please complete unit 1 of 5.

We also follow the [Football NSW extreme heat policy](#) to determine whether it is safe to play in very hot weather.

For other club safety policy please contact secretary@wentworthfallsfc.com.au

WFFC CLUB CULTURE

Our Football Club exists to provide a safe and fun environment for people of all ages to enjoy playing and learning the beautiful world game. We are inclusive and supportive, and we follow the FFA standards and guidelines. We look to our volunteer coaches and managers to achieve this in an enjoyable way for the players – to make a place that is fun for creating exciting and inventive football, and where the players love to be.

We encourage two main goals regarding player development:

- 1 To provide a safe, fun, and social environment for learning and playing football; and**
- 2 To provide an opportunity for talented players to develop their skills in a fashion that could lead to a career in football.**

We believe the best way to do that is for you to be enjoying what you do as well, so please seek guidance from the committee whenever you need. The Club Coach Coordinator can assist you in developing some simple but effective training sessions that players can really enjoy, whilst engaging their decision-making processes to become better footballers. Club resources for coaches are available online here:

[WFFC Coaches Resources.](#)

Up until under 12s both of our player goals are achieved through point number 1. FFA and NFA maintains a non-competitive stance up until the u12 age group to improve the chances of an enjoyable football experience for all younger players. We support the NFA's decision to not publish results in these age groups. Coaching children of this age group should be focussed on building the basic skills of football possession in each individual (running with the ball, striking the ball, first touch, 1v1, positioning, communicating).

Training sessions up to u12s should be designed to allow all players ample time on the ball to develop the core skills, feature game like parameters and all exercises should involve the use of the ball (ie – no running or fitness not related to use of a football). For some children this may be the only time each week they really practice their ball skills so every second they spend with a ball at their feet is precious – although we do encourage you to set some homework tasks!

From the under 12 age group and up, NFA introduces a competitive scoring and league table system, with playoffs at the end of each season. FFA and NFA sees this as an appropriate age to introduce the competitive nature of adult football and converges with the players moving to the full 11v11 model. At this point training sessions should additionally cover the defensive skills (Pressing, marking, intercepting, tackling, positioning, communicating).

Through all phases of the players journey we expect teamwork to be an overarching focus of the coaching process. Football is a life skill, and teaching children to work together and support each other as a team is the ultimate success we are aiming for. We aim to reflect this in our committee and our members, where we hope to celebrate successes and learn from our experiences together, so welcome to the team!

**WE HOPE WE CAN HELP YOU ENJOY YOUR SEASON AND
WE WISH YOU ALL THE BEST IN YOUR FOOTBALL JOURNEY!**

COACH, MANAGER, TEAM MARSHAL & GROUND OFFICIAL DUTIES

The following section describes each of the roles of Coach, Manager, Team Marshal and Ground Official. These points are discussed at our Coach & Manager information sessions.

COACHES

1. Organising and planning a structured, focussed training session (or at the very least gathering your team to play football) at least once per week – a basic session guide is at Addendum 1;
2. Working with and assisting other Club Coaches, Coordinators and Officials;
3. Doing your best to be a positive role model within the football club;
4. Prioritising the wellbeing of players always - Safety first – consider heat, cold, proper playing kit – No shin pads = no train or play;
5. Aim to achieve equal playing time for all players (Some exceptions for u13 and over Div 1 teams or Nepean Cup Competition teams as teams are high performance based and must be competitive);
6. Providing a valid working with children check upon registering;
7. Completing coaching accreditation where required – See below for details;
8. Looking after the club kit bag and training equipment provided to you;
9. Being aware of and adhering to any of WFFC Clubs policies & procedures which are on the WFFC website or in this handbook;
10. Being aware of your role as per NFA Competition Regulations;
11. Being aware of and abiding by the FFA Laws of The Game;
12. Being aware of and adhering to the FFA National Coaches Code of Ethics;
13. Being aware of and adhering to the FFA Codes Of Behaviour;
14. Being aware of and communicating the FFA Player & Spectators Code of Conduct.

MANAGERS

1. Supporting your coach & team by checking player availability for games and training;
2. Communicating game/club information with players/parents as required;
3. Filling in the team sheet for matches, communicating with the opposition manager;
4. Prioritising and assisting with the wellbeing of players at all times;
5. Rostering other volunteer duties to parents of your team for fund raising events;
6. Managing player jerseys by maintaining a record of Jersey distribution to your players and collecting jerseys at the end of season;
7. Providing a valid working with children check upon registering;
8. Selecting a parent Marshal and a parent Ground Official for each game and communicating the Marshal's/Ground Official's Duties;
9. Being aware of and adhering to any of WFFC policies & procedures which are on the WFFC website or in this handbook;
10. Being aware of your role as per NFA Competition Regulations;
11. Being aware of and abiding by the FFA Laws of The Game;
12. Being aware of and adhering to the FFA Codes Of Behaviour;
13. Being aware of and communicating the FFA Player & Spectators Code of Conduct.

MARSHALS DUTIES

Your team must identify an adult as Marshal for every game and enter this person on the Dribl teamsheet. This can be the same person each week or can be rostered by the manager. It **cannot be** the same person as the coach or manager.

1. At all matches, there shall be a minimum of two marshals, one marshal from each team, wearing an appropriate vest as provided in the WFFC Team kit.
2. The marshals shall introduce themselves to the referee before the commencement of the game. Marshals' duties shall be to ensure that spectators, coaches and managers **from your team** do not encroach the sidelines, or the pitch, and see that good order is maintained.
3. Should any incidents arise out of a match that are for consideration by the Board, each marshal shall complete a written report into such incidents for the Board. The report shall be submitted on **Prescribed Form 20** (Incident Report lodged by a Team Official or Spectator) in accordance with instructions contained in the form.
4. The marshals shall appear at any inquiry as neutral witnesses, if required.
5. All marshals shall have obtained the age of 18 years of age.
6. Marshals from both teams shall print their name, and sign the team sheet, indicating they were in attendance for the game.
7. Where a game is played on a neutral field, it is the responsibility of each visiting team to supply their own marshal for their game.
8. **It is the responsibility of the Team Manager**, or in their absence, the team Coach to appoint the Marshal for their match and to ensure that the Marshal is aware of their responsibilities in accordance with these regulations.

NOTE: Team Marshals are responsible for controlling and monitoring their own club's spectators, not the opposing teams'. Issues arising with opposition supporters should be referred to the Ground Official.

GROUND OFFICIAL DUTIES

When your team is playing at home (Pitt Park) you must identify an adult as Ground Official and enter this person on the Dribl / team sheet – or you can scan the QR code located inside the First Aid room. This can be the same person each week or can be rostered by the manager. It **cannot be** the same person as the coach or manager.

1. The Ground Official must wear an appropriate vest as provided in the WFFC Team kit. The Ground Official shall introduce themselves to the referee and the Marshals of each team before the commencement of the game. The Ground Official should also tell the referee where they will be located whilst the match is being played (within line of sight of the referee).
2. Ground Official's duties shall be to assist the referee as required, ensure team Marshals are aware of their responsibilities, where necessary assist Team Marshals to ensure that spectators, coaches, managers and reserve players do not encroach the sidelines, or the pitch, and see that good order is maintained. Their duties also include ensuring alcohol is not consumed in the immediate vicinity of the playing area.
3. A Ground Official has the right and responsibility to ask any abusive person to leave the area of play.
4. Should any incidents arise out of a match that are for consideration by the Association, the Ground Official shall provide a written report to the club for forwarding to the Association.
5. The Ground Official shall be prepared to appear at any Association inquiry, if required.

Please visit our website for links to policies, codes of conduct etc.

<https://wentworthfallsfc.com.au/policies-information/>

GENERAL INFORMATION FOR ALL TEAMS

FIELD OPEN / CLOSED FOR GAMES

The field “Open / Closed” sign will display accordingly whether the field is available to train and play or not. Please comply with this signage. Failure to comply will cause the club to be fined (as other organisations were in the past).

PLAYER NUMBERS, MATCH TIME & BALL SIZE

Recommended team sizes are as follows:

U6 & U7	Players on Field: 4	Minimum Team Size: 5	Maximum Team Size: 7
U8 & U9	Players on Field: 7	Minimum Team Size: 8	Maximum Team Size: 11
U10 TO U12	Players on Field: 9	Minimum Team Size: 10	Maximum Team Size: 14
U13 & U14	Players on Field: 11	Minimum Team Size: 11	Maximum Team Size: 16
U15 & Above	Players on Field: 11	Minimum Team Size: 11	Maximum Team Size: No Maximum

The recommended range strikes a balance between having enough players to allow for absences but not so many as to significantly impact playing time.

MiniRoos and Junior non-competitive play on a smaller field with modified rules, available here: [MINIROOS REGULATIONS](#).

MINIROOS U6 & U7 [MIXED]

MiniRoos aims to provide an experience and an environment that promotes ongoing participation in football and a lifelong love for the game. The MiniRoos philosophy is based on the principles of why kids play sport: Enjoyment/Fun, Socialisation and Development of new skills.

U6 & U7 age groups start with a few warmup games that encourage the development of new skills. Teams then play an introductory form of football involving 4 v 4 with no goal keepers, games are 40 mins with 2 x 20-minute halves. They play an ‘in house’ format, only playing against the teams within their own club, or in a ‘Hub’ format with another closely located club.

JUNIOR NON-COMPETITIVE U8 - U12 [MIXED | GIRLS]

Our main goal for these age groups is to provide a safe, fun, inclusive and social environment for learning and playing football.

Nepean Football Association maintains a non-competitive stance until the U12 age group and does not publish results in these age groups; as such, players will not be graded to play in specific teams. Instead, NFA asks WFFC to nominate a whole team’s ability. Adjustments are made by NFA every 4-6 weeks throughout the season so that teams continue to play in a like-for-like environment.

NFA regards grading in these age groups as an unnecessary stress to place upon a child who should still be learning and having fun playing with their friends. Wentworth Falls Football Club will allow parents in these age groups to request teams with which their child wishes to play (i.e., with friends), and where possible, team formation committee will facilitate such requests.

U8 & U9 Games are 50 minutes with 2 x 25-minute halves. U8 and U9 players play a modified version of football (7 v 7).

U10 & U11 Games are 50 minutes with 2 x 25-minute halves. U10 to U12 players play a modified version of football (9 v 9). U12 Games are 60 minutes with 2 x 30-minute halves.

For the U12 age group NFA introduces a competitive scoring and league table system, with playoffs at the end of each season.

JUNIOR COMPETITIVE U13 - U17 [BOYS | GIRLS]

Wentworth Falls Football Club’s main goal for these age groups is to provide a safe, fun and social environment for learning and playing football as well as providing opportunity for talented players to develop their skills in a fashion that could lead to a career in football.

NFA sees this as an appropriate age to introduce the competitive nature of adult football and converges with the players moving to the full 11 v 11 model.

U13 & U14 Games are 60 minutes with 2 x 30-minute halves.

U15, U16 & U17 Games are 70 minutes with 2 x 35-minute halves.

INTERMEDIATE [MENS | WOMENS]

A new competition was formed in 2017 for Intermediate Women, catering to female players who have attained the age of 15 up to 21, and Intermediate Men, catering to males turning 16 up to 19, taking the place of U18 and U21 competitions.

SENIOR 18+ [MENS | WOMENS]

Senior football is for anyone playing who is 18 years or over, including Intermediate, All Ages and Over 35. Games for these players are competitive (results and tables published via DRIBL)

Int, All Age & Over 35 games are 90 minutes with 2 x 45-minute halves.

BALL SIZES

Under 6 to 9:.....SIZE 3

Under 10 to 13:SIZE 4

Under 14 to All Age:.....SIZE 5

COACHING ACCREDITATION REQUIREMENTS

Just like a teacher at school is expected to have some basic qualifications, Nepean Football Association (NFA), of which WFFC is a part, expects coaches to have some basic qualifications to teach their teams about football. Miniros training is conducted in house at Pitt Park and is required for all new coaches in the u6-u9 age groups. The cost of this is free. All Coaching qualifications listed here are valid for 4 years once attained. details will be provided as courses become available each year.

UNDER 5 to 9’s Mini Roos Coaching Certificate

Compulsory all coaches complete the miniros coaching certificate before starting to coach. This is a 3hr course.

UNDER 10’s and up Foundation of Football

Only compulsory for coaches of Div 1 teams, aimed at volunteer coaches of beginner to competent players aged 10 and over. It is a prerequisite for the C Diploma.

UNDER 12’s and up C Diploma

Only compulsory for coaches of Div 1 teams, aimed at volunteer coaches of advanced beginner to competent players aged 12 years and over.

WFFC has a coach education policy that provides funding for courses so long as you are a registered coach with a valid age group. We are always looking for coaching candidates to apply for advanced training accreditation for even further development. If interested, please contact our Club Coach Coordinator at coaching@wentworthfallsfc.com.au to apply.

PLAYER EQUIPMENT

- Players in all matches shall be in proper club uniform, comprising shirt, with sleeves, boots, socks and shorts, in the club's colours as registered at the time of affiliation. A fine may be imposed by the NFA for non-compliance with this rule.
- All players in competitive age groups shall have a number on the back of their shirt. In line with FIFA regulations, shirts may be numbered according to squad numbers consisting of a maximum two digits.
- All players are always required to wear regulation shin-pads during the game and at training. Shin-pads must cover the majority of the leg between ankle and knee and a sock must cover the shin-pad.
- Match jerseys must NOT be worn to training.
- Short, socks and shinpads, as well as a range of WFFC Merchandise, are available for purchase through the WFFC Canteen.
- **Note: Shin pads must be worn at every training session and game.**

TEAM KITS

Every team is issued with a full kit which comprises of the following items:

1. A full set of playing jerseys: applicable to age and team requirements
2. Pump/needle & Whistle
3. A set of ID vests: Coach - fluoro Yellow, Manager - Blue, Marshal - fluoro orange (U8's upward)
4. Training bibs (same colour): **MUST** be worn at all games by **ALL** substitutes
5. A set of 3x warm up balls & 1 match ball per team
6. 1 set of Goalkeepers gloves and Jersey - age appropriate
7. Coloured marker cones
8. Please keep a digital copy of this Coaches & Managers Handbook with you.

All of the above remains the **property of Wentworth Falls FC**, so please try your best to look after this equipment and most importantly **RETURN** it. If you lose items, accidents happen – just let us know so we can replace the item in a timely fashion.

If you are missing any of these items from your kit bags, please bring it to the attention of our club coach coordinator at coaching@wentworthfallsfc.com.au

TEAM SHIRT CARE

PLEASE: Ensure your players understand that the match jerseys are only for game day and should not be worn at training or elsewhere outside of match day travel.

NOTE: Team Jerseys remain the property of Wentworth Falls Football Club. Please record the distribution of jerseys to players/parents so you can ensure all are collected at the end of the season.

Also for the parents: Cold water wash only – do not put in clothes dryer – do not attempt to iron.

TRAINING INFORMATION

Please see the club website for training times and locations that have been designated to your team.

Training in the goal mouths on the Main Field is not permitted under any circumstances – roll the goals to the edge of 18 yard box if you wish to use them.

- Training is only to be conducted in your designated area
- Training time slots are to be strictly adhered to as you may have another team following your session
- Respect all the other teams and coaches around you.

TRAINING EQUIPMENT

Coaches may access the clubhouse equipment shed (bottom level of clubhouse). Please contact the Coaching Coordinator or Equipment manager for the key box access code. A variety of additional training equipment is available for use by coaches, currently without any prior booking.

Please ensure any items used are returned to the place where you got them from.

These items include:

- Mini goals 2mx1m (3 sets of 4)
- U8-9 Rolling Goals (4 goals)
- U10-U11 Size Rolling Goals (2 goals)
- Full size rolling goals (6 goals)
- Sets of Training Balls (Size5: 8 sets of 8, Size4: 4 Sets of 10, Size 3: 4 sets of 12 Identifiable by patterns)



Size 3



Size 4



Size 5

- Training poles (4 sets of 8, 4 sets of 4)
- Agility Equipment (Hurdles, Resistance Harnesses, ladder – Only for u14 and up)
- Electric Ball Pump
- Spare training bibs – these are in buckets sorted according to size. Please wash and return to the correct bucket after use.



If usage of equipment clashes, a roster shall be established to ensure all teams have fair and regular access to equipment as required for effective training.

Always roll down the shutter when no one is inside the training equipment shed.

USING THE ROLLING GOALS (3x2m, 5x2m and full size)

The rolling goals can be used for all training sessions. Please:

- Use wheels only when relocating goals, and do not leave stationary goals on wheels as it damages the grass.
- Keep goals in designated areas or wheel them out of the playing field area after the training to minimize grass damage.
- Do not push goals when the wheels are deflated, you can find the bicycle pump in the storage to pump the wheels.
- Please notify Coaching Co-ordinator or Equipment Manager if you find goals or goal wheels in unsatisfactory condition.
- Enjoy your training!



OPEN AND CLOSE OF TRAINING GROUND FACILITIES

The Coach or Manager from the first and last teams to train each night must assist the club in opening and closing the training ground. This is to ensure our training equipment and first aid is available to all teams and to ensure its safety overnight.

The **OPEN** procedure is as follows (takes approx. 2 mins):

1. Open key lockbox and retrieve training keyset
2. Unlock roller door on right hand side (leave left door locked)
3. Use the key to unlock the first aid room and toilet
4. Return the keyset to the lockbox and scramble lock code

The **CLOSE** procedure is as follows (takes approx. 2 mins):

1. Open key lockbox and retrieve training keyset
2. Lock the first aid room and toilet
3. Lock roller door on right hand side (leave left door locked)
4. Return the keyset to the lockbox and scramble lock code

It is not the duty of the coach or manger that closes the training ground to return other teams' equipment.

Any Coach or Manager that takes equipment from its place of storage is responsible for returning it.

If you are Closing the ground and find equipment left out please report the incident to the Club Coaching Co-ordinator or Equipment Manager

The Club is investing in new training equipment so you can run better sessions – we appreciate its respectful use by all teams.

THE DRAW

The draw is available at least a week prior to the Competition start. It can be found on the Nepean website <https://nepeanfootball.com.au/fixtures/>

The fixtures page has a number of search filters. **HINT:** always check the dates you have applied for are correct.

The draw will also be available via the Dribl app. Download the app via the Play Store or App Store.

The contact for any questions or concerns about the draw should go to Competition Secretary via compsec@wentworthfallsfc.com.au.

Immediate changes will be notified via phone/text/WhatsApp. Non-immediate changes will be updated on the Nepean fixtures site so please always check the NFA website on the night prior to your game.

GAME DAY INFORMATION

GROUND OFFICIALS

All playing fields are responsible for providing a ground official – they should be recognisable by a marked vest and is a first point of contact for any emergencies on game days.

WET WEATHER PROCEDURES

Wentworth Falls Football Club Ground Closure Policy

Wentworth Falls Football Club makes informed decisions about ground closures by working closely with Blue Mountains City Council, and in alignment with Nepean Football Association and Nepean Referee Group guidelines. This 'Wentworth Falls Football Club Ground Closure Policy' outlines the process for assessing field conditions and determining whether games and training will proceed during wet weather, extreme heat, or lightning storms. The club follows established guidelines to ensure safety and optimal playing conditions for all players.

Ground Closure Decision Process

Council's Role:

Blue Mountains City Council (BMCC) holds the authority to close Pitt Park, as well as any other sports ground within the region, to safeguard the playing surface, facilitate necessary maintenance, respond to inclement weather, or allow for the rehabilitation of grounds following damage. Should BMCC close Pitt Park, Wentworth Falls Football Club will confirm the closure and promptly notify all members.

WFFC's Role:

When BMCC does not conduct an assessment or if it falls outside of business hours, Wentworth Falls Football Club assumes responsibility for evaluating field conditions. The Club will decide if it is safe for football activities to proceed. If necessary, WFFC may cancel training or halt play to ensure player safety and preserve the quality of the playing surface. In the event of a WFFC-initiated closure, the WFFC Committee will confirm and communicate this decision to all members.

Match Day Assessments:

In preparation for each match day, our designated Grounds person will complete a comprehensive 'Ground Safety Checklist' to evaluate the field's safety. This includes assessing ground markings, debris, fencing, lighting, goalposts, ambulance access, public areas, and the availability of first aid kits. If weather conditions are unfavourable, our Grounds person will then perform a 'Referees Wet Weather Pitch Inspection Checklist' to examine surface water, ground softness, and the presence of holes or uneven terrain. Following this, and prior to the commencement of every scheduled match, a referee from the Nepean Referee Group (NRG) will conduct a final inspection. The referee holds the final authority to either proceed with or cancel the match based on their findings.

Communication of Ground Closures

Ground Closure Updates:

WFFC will keep our members informed of any ground closures through WhatsApp Community Announcements and Facebook posts. To avoid confusion, we kindly ask members not to contact committee members directly for updates. During wet weather, field inspections are typically conducted by midday on weekdays and by 7:30 AM on weekends, with closure announcements made shortly thereafter. However, if committee volunteers are unavailable, inspections will be completed as soon as possible.

Competition Matches:

For official match status, players and teams should check DRIBL at nfa.dribl.com or their DRIBL App. A game listed as "Pending" is still scheduled to go ahead. If the status changes to "Washout Reschedule", it means the field is closed and the game will be rescheduled. If the status says "Washout Cancelled", the game is cancelled entirely. If a game disappears from DRIBL, it means it is in the process of being rescheduled.

Please note: A match is only officially cancelled when DRIBL confirms it. If a team does not check DRIBL and assumes their game is off when it is not, they risk forfeiting. Matches may also be moved to a different field at short notice, so it is important to check DRIBL regularly for updates.

REFEREES

COMPETITION TEAMS U11 to All Age

NOTE: We coach to play to the whistle. Referees are part of our team, they are not separate from us; please ensure your team shows respect to each other, the opposition and referees.

NFA will continue to use NRG referees in 2025. It is in the best interest of all to be tolerant of the role of referees, after all, **No referee means No games.**

We will be able to let our teams know in advance of referee coverage if we are notified, and the procedure when no NRG referee is appointed or has not shown up is as follows:

9.1 REFEREES (extract from Comp Regulations 2024)

All official referee appointments are made by the Nepean Referees Group (NRG).

If an appointed referee arrives after the designated kick-off time and the match has started using a substitute referee, the game shall proceed and the appointed referee shall not officiate for the game, nor shall they be entitled to any payment for the fixture.

A referee may not be replaced during the game for any reason other than an illness or an injury that prevents them from completing their duties. In the event of a referee being unable to complete their duties, it is the responsibility of the team officials to appoint a replacement referee for the remainder of the match.

In the event of such a replacement, the Match Sheet will be so marked with a notation.

The referee shall commence the game as per the schedule provided by the Association.

In the event of a replacement referee not being available, the match will be declared abandoned and dealt with under the Competition Secretary's Guidelines & Protocols.

In the event of an official referee not attending a match, the team managers, or captains, of both teams shall agree to appoint a referee to control the game.

The first preference shall be given to any accredited referee who is available and willing to officiate. The accredited referee may have (and should declare) an affiliation with one of the two clubs involved in the fixture, if an affiliation exists.

Unofficial referees, if appointed to a match, must be suitably attired, carry a whistle, a time keeping device and a set of cards for use in the match.

i. Host clubs are required to keep a set of red & yellow cards, whistles & a time keeping device on hand for use by unofficial or un-appointed referees.

For clarity, an unofficial referee has the same authority and responsibility of an official referee. Unofficial referees must record all cautions and send-offs on the EMS or paper match sheet and provide incident reports in all cases where a player is dismissed from the field, using the Prescribed Form 02 to record send offs & Prescribed Form 03 to record an incident report.

No person that is currently under suspension from any football organisation, may referee a competition match as an official or unofficial referee.

The referee shall record their name on the EMS and indicate whether they are official referee or an unofficial referee. Official referees are to record their FA registration number in the space provided.

NOTE: If an agreement between the two teams is still not reached after applying the above appointment hierarchy rules, the game will be dealt with in the same manner as an abandoned game.

The home team is responsible for reporting the unplayed game - Notify Malcolm Clines Immediately 0414 316 962 Both clubs and team officials shall submit written reports to the association within 48 hours of the scheduled match time explaining their actions or the circumstances that lead to no agreement being reached

MINI ROOS AND JUNIOR NON-COMPETITIVE (U6-U12)

Our game leaders (referee for non-competitive football) will be made up of a mix of parent volunteers and some volunteers from our teenage ranks. We will be looking for some teens who can volunteer to become game leaders for the U6 and U7 teams that play at Pitt Park.

The Game Leader should give the players encouragement and guidance around rules when needed. These games are non-competitive and the results are not tracked. We also have some teen volunteers to cover our Under 8 & 9's at Pitt Park most games. WFFC EXPECT that these referees all be treated with respect, they may not get every call correct and they are all learning and volunteering, while giving back to their chosen sport, which we greatly admire.

MINIROOS HAVE MODIFIED RULES – GET TO KNOW THEM HERE: [MINIROOS REGULATIONS](#)

TEAM SHEETS

Nepean Football Association uses electronic team sheets generated by DRIBL. As per NFA guidelines, these are 100% required to be filled out correctly or a FINE will be issued to the club.

If the Club has to pay a FINE, this means there will be less money to spend on equipment and club events.

Coaches and managers will be given access to their team in Dribl, which will allow them to fill out the team sheet prior to each match. Team managers should liaise with the opposition manager before each match to ensure players listed on team sheets are correct. A Marshal MUST be assigned from BOTH Teams. The home team must assign a Ground Official.



[DRIBL Tutorials](https://help.dribl.com/hc/en-au/categories/4406546590863-How-To-Dribl) - <https://help.dribl.com/hc/en-au/categories/4406546590863-How-To-Dribl>
[Nepean guide to Electronic Team Sheets](https://nepeanfootball.com.au/wp-content/uploads/2021/06/NFA-Identification-and-Team-Sheet-Regulations-2021-V.2021.1.pdf) - <https://nepeanfootball.com.au/wp-content/uploads/2021/06/NFA-Identification-and-Team-Sheet-Regulations-2021-V.2021.1.pdf>

WFFC Picture Guide to Dribl - <https://bit.ly/WFFC-dribl-guide>

TEAM SHEETS ARE LEGAL DOCUMENTS and carry many fines for not following the correct procedures for filling them in. There is a complete NFA PLAYER IDENTITY & TEAM SHEET REGULATION document found at the back of this booklet for ALL COMP teams. **READ THIS DOCUMENT CAREFULLY.**

Occasionally a paper team sheet may need to be completed in the event of a failure of the digital system. These must be provided by the home team – at Pitt Park these will be available in the First Aid Room.

NLFD matches - arrangements will be made between the team manager and Comp-Sec Malcolm Clines - for pick up and return of paper Team Sheets if required.

INCORRECT SCORES - all away comp teams U11's and above that use a paper team sheet are to **text scores to Comp-Sec Malcolm Clines - 0414 316 962 asap after games & or take a photo of the paper team sheet** to combat incorrect scores going unnoticed in the time frame given for disputes.

If any incorrect scores are detected on the NFA website, please contact the Comp Sec (Malcolm Clines) ASAP. We have only 48 hours in which to lodge a dispute to rectify the score entries. Once submitted it may take a couple of weeks until, the appropriate investigations have taken place, until the scores will re-posted.

PLAYER ID CARDS

Player ID cards are now available digitally within Dribl. Managers must check the opposition teams' ID cards in Dribl prior to the match. If Dribl is down, contact Comp-Sec Malcolm Clines for paper ID cards (0414 316 962).

If your opposition team does not have their ID cards available and present for checking, the Regulations provide the following outcomes:

1. If a team fails to produce their ID cards prior to the match:
2. a. The offending team shall be deemed to have forfeited the match; and
b. The opposing team shall be credited a Win on forfeit (result recorded as a 3-0 win).
3. When ID cards are not available prior to the match, teams are not permitted to play a game, either as a competition game or friendly. A fine may be imposed for non-compliance with this rule. Teams wishing to play a friendly fixture should ask their club official to contact the NFA Operations Manager to obtain permission prior to commencing any fixture.
4. Failure by the opposition to present the ID card and identify the player must be notified to the NFA Operations Manager within 48 hours of the completion of the match and may be subject to disciplinary action. **(Notify Club Comp-Sec Malcolm Clines - 0414 316 962 ASAP)**
5. There are no longer exemptions under extenuating circumstances for teams who are unable to present their ID cards for checking.
6. **No ID, No Play**. The rules are quite simple, and the avoidance of Loss of Points and financial penalties can be avoided by the observation of this rule.

ABANDONED GAMES

A game is 'abandoned' if it was not played for the full match duration due to the referee ending it early.

Please report at the time of occurrence to our Club Comp-Sec Malcolm Clines - 0414 316 962

Penalties will apply if failure to report ASAP.

Abandon Games can happen for the following reasons:

1. Serious injury where the player requires medical attention and cannot be moved
2. Field declared unsafe by referee due to inclement weather
3. The number of players falling below 7 (comp games only)
4. Poor behaviour of players/spectators/team officials
5. Lights going out/sprinklers coming on during a night fixture.

Abandon games will need to have an abandon match report filled in, online (prescribed form 21) within 24 hours of the match which you will find at the back of this booklet. **Please fill this in and return to Comp-Sec Malcolm Clines - 0414 316 962 ASAP**

SERIOUS INJURIES

Please visit our club website for info and process

<https://wentworthfallsfc.com.au/injuries-insurance/>

- Contact Ground Official immediately
- If the injury is serious call 000 and request help
- Make sure the game marshal and coach remain with the player
- Make sure the players family are informed and remain with the player

FORFEITS

As soon as you become aware of a forfeit (not enough players to take the park) **please notify our Club Comp-Sec Malcolm Clines - 0414 316 962**. Keep in mind, in a competition team, 7 players can still take the field, so if you have this number your team is advised to play. Check with lower grades, they may be able to help out, as long as they have played their game first. Remember, you will need the permission of the upgraded players coach and their ID card.

Fines may apply to forfeits, and vary from non-comp teams to comp teams

Referee's fees can now apply regardless of the notice provided.

If a forfeit without notice occurs on game day, make sure you fill out the team sheet completely as if you were about to play the game and hand in as usual as it will show who caused the forfeit.

If this happens at an away game, do the same as above, however, **please notify Club Comp-Sec Malcolm Clines - 0414 316 962 ASAP, of what has occurred.**

REQUESTING GAME CHANGES

1. We need an agreement between the 2 clubs involved, and a reasoning that is considered genuine and not frivolous. Apparently attending a wedding/christening is all considered frivolous.
2. The request must be submitted at least 7 days prior to the original match schedule.
3. A suitable venue and kick off time must be submitted and confirmed by NFA as available.

PLAYER SHARING / UPGRADING OF PLAYERS TO HIGHER DIVISION OR AGE GROUP

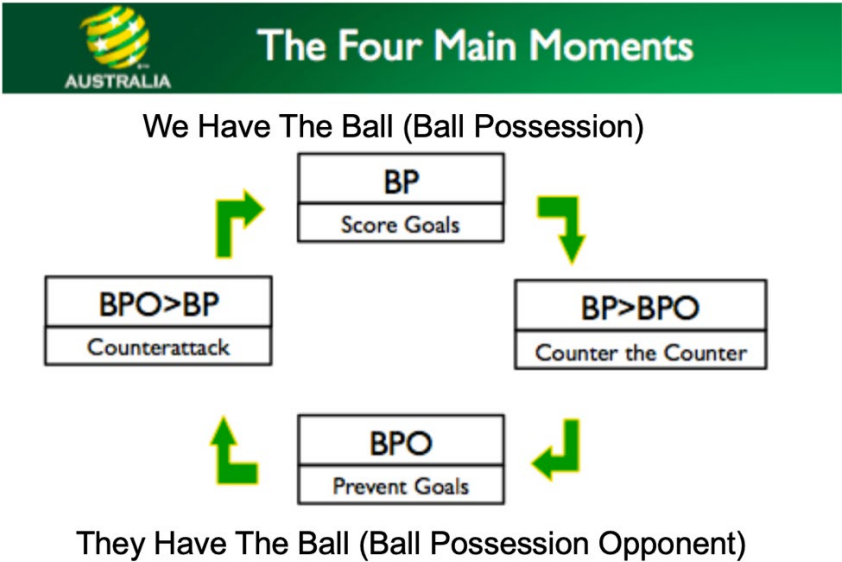
1. A player may be upgraded to play in higher age group or division in the current season provided:
 - i. The player does not play more than 2 years above the players age, i.e. To play in a U14 team the player must have turned or be turning the age of 12 in the competition year, regardless of the team the player has registered with, and
 - ii. If a player is playing in the same or one age group above the team in which they are registered, they may only play in a higher division if playing in the same age group, or in an equal to or higher division if playing into a higher age group, e.g., Players in U12/3 team can play in a 12/2 and higher or 13/3 or 13/2 or higher team but not a 13/4 team, and
 - iii. If the player is upgraded two age groups above their team e.g., U12 to U14 teams (subject to meeting the age requirement above) they will be permitted to play in any division.
2. Players from non-competition age groups (U11 & younger) may only upgrade into competition age groups (U12 & above) a total of three (3) times. Upon the fourth and/or subsequent upgrade/s the resulting penalty will be a **Loss of Points to the competition team using the upgraded player**. It is the responsibility of each team to keep accurate records of upgrade usage to avoid penalties.
3. For players in U11 and U12 mixed teams, male players are eligible to upgrade (subject to meeting the age requirement above) to mixed teams in the U12 age group and boys teams for older age groups. Female players are permitted to upgrade (subject to meeting the age requirement above) to teams in the U12 age group and female teams in older age groups playing in a female competition.
4. Players from U16 teams to U17 teams (where an U17 competition exists), who have attained the age of 16, may upgrade to any Intermediate Men's or Women's or all age division (male and female) within their club, regardless of the division of their original team (Example – An U17.1 player may upgrade to AM division 1 or division 5, but not into a female team).

5. In all competition age groups and divisions, Under 12 and above, there is no limit to the number of times a player may be used as an upgrade. It remains the responsibility of the player, and in the case of players aged Under 18 years, the responsibility of the parents or carers of the player to consider the frequency with which the player is used as an upgraded player, keeping in mind the physical welfare of the player.

ADDENDUM 1 – EXAMPLE TEAM TRAINING SESSIONS

The following is some framework for a structured training session with a clear focus. It is not a one size fits all, and we encourage you to develop your own set of exercises that work for your team. If you would like help developing your team training sessions, please contact our Club Coach Coordinator at coaching@wentworthfallsfc.com.au

It is also helpful to understand the following from the FFA National Curriculum:



These moments cycle continuously during the game, and each moment has some **core skills** associated with it:

	CORE SKILLS	PLUS
In BP	<ol style="list-style-type: none">1. First Touch2. Running with the Ball3. 1v14. Striking the Ball	Positioning Communication
In BPO	<ol style="list-style-type: none">1. Pressing2. Marking3. Intercepting4. Tackling	Positioning Communication

Which we want to teach in specific way – so that the players know how to do them, but also when to do them:

PERCEPTION – DECISION – EXECUTION

The coach is trying to train:

- how the player **PERCEIVES** football situations
- what football action the player **DECIDES** to perform
- the quality of the football action the player **EXECUTES**

For further examples of language, playing formations and other age specific info refer to the coaching guides provided here: [WFFC Coaches Resources](#)

U9-U12 – SESSION TEMPLATE EXAMPLE

PLANNING THE SESSION

Main Moment: Ball Possession (*At this age all sessions should focus on what players do with the ball*)
Core Skill: 1v1 (*then next week would be striking the ball, first touch or running with the ball*)
Session Objective: In this session I aim to improve the players ability to beat defenders coming towards them to create more goal scoring opportunities (*share this objective with the team so they know why they are doing it*)
Team Task: Can we use individual skill to beat defenders to create goal scoring opportunities?
Player Tasks: (*these are your key reminders about how you want them to do it, to use through the session*)

ATTACK

- Can I use close control to keep the ball at my feet?
- Can I use a feint or body movement to trick a defender into moving the wrong way?
- Can I see where the space on the field is and use a change of pace to accelerate away from the defender?
- Can I maintain speed with the ball to make going around the defender easier?

DEFENCE

- Can I get my body position side on to push the attacker towards the sideline?
- Can I time a tackle to steal the ball and create an opportunity for myself to score?

CONDUCTING THE SESSION

Session component	Players	Coach
Arrival 10 mins prior to 5-10 mins into session	As they arrive greet them, have a chat. Once there are enough to play a small sided game start them playing. Keep adding players as they arrive. Let them play some football as that's why they came to training! It makes them arrive early and the FFA recognises it is a perfect warmup for kids under 12	Be early (15mins or so) to give you time to layout the space you wish to use for the session. Have couple of small goals to start with a warm up game. Don't stop this game to teach, but praise good play and use reminders about positioning and communication.
Session Frame 3-5 mins	Should gather and listen. Can they relate to this skill by using an example of a previous game they have had. Allow them to answer questions about why the skill is important or how it's done.	Introduce your session objective and the team task. Link the skill to a past game, but also to how it could improve their games in the future.
Skill Introduction 15-25 mins	An activity where players get to practice the skill you wish to teach without external pressure. In our 1v1 example above this might be to set up some poles for the players to run at and practice step overs, feints, and other 1v1 techniques to pass a player they are approaching. If possible develop this introduction to a point where there is some light external pressure for them to execute the skill quickly and correctly.	Use this to have some 1 on 1 time with players who need assistance. Praise those who are doing well and allow them to demonstrate their own tricks or techniques to others. Ensure there is repetition of the core skill you are trying to teach. Begin to use your player tasks to influence the players but don't stop play to teach directly to the whole team just yet.
Skill Training 20-30 mins DESIGN THIS PART OF YOUR SESSION PLAN FIRST AND BUILD TOWARDS IT	An activity where players must make the decision to use the skill you are teaching in a game like situation, where there is real pressure to execute it correctly. The activity should involve all players and have parameters that give players plenty of opportunity to execute the target skill. In our 1v1 example this might be setting a small field for players to have 1v1 duels in an attempt to score a goal (or tackle then	This is your chance to really teach your players how to use this skill. Allow some time at the beginning to ensure that you have set up your activity correctly and that the children have understanding of how to play. Before you teach make any adjustments to playing field size, markings and rules to ensure that you also are prepared to start teaching. When you see something that needs correction stop the

	<p>score. Tackling is the hidden learning of the out of possession (BPO) skill that goes with it)</p> <p>The more game like this activity is the better – after all we need our players to know more than just how to execute the skill, we need them to decide when to use it based on what is happening in the game.</p>	<p>players. Take the ball and players immediately back to where it happened then ask them what could have been done better. Try to stop play no more than 3-4 times, but look for examples where the wrong decision was made, or the skill was used incorrectly and correct them. Ensure the whole team can hear you and use questions to allow the players to answer. Once clarified allow them to replay the scene correctly before moving on. Use praise throughout (without stopping the game) for players that do well and refrain from trying to teach other skills or techniques if you see them failing – stick to your session objective!</p>
<p>Skill Game</p> <p>15-25 mins</p>	<p>This should be a game very much like the football they will play on the weekend. The players should be allowed to just play so that you can see whether they have learnt what you were trying to teach. The game may have some small adjustments to help give them the opportunity to execute the desired skill, but it should feature 2 equal teams, each with a goal to score in, without any major modification to the rules of football.</p>	<p>This is your chance to assess how your session actually went. Continue to use praise without stopping the game, especially if you see good examples of players doing what you just taught them! You can still be reminding them to position themselves and communicate effectively but allow this time for players to just play, so that you can see whether your session led to more players being able to execute the skill, or whether the session needs some adjustment before being run the next time.</p>
<p>Wrap up</p> <p>2-5 mins</p>	<p>Players should gather and listen. Allow them to discuss what they learnt.</p>	<p>Summarise the session, what you saw was good, what still needs some work. Ask questions and possibly set players some homework.</p>

You can see the 1v1 example as a full session plan here: [SAP 1v1 beating defenders coming towards you](#)

You are welcome to use this session or adapt as you see fit. We don't expect volunteer coaches to develop such a detailed plan but going through the Planning items above and considering your Skill Training activity first will help you deliver a well-structured and focussed session to your team.

ADDENDUM 2 – EXAMPLE TEAM MANAGEMENT PROTOCOL

The following is an example of a team management protocol for use with your team. This can be adjusted to suit your teams needs. It is not a one size fits all, but gives some clarity to your team members and what is expected of them. For further help with team management protocol please contact our Club Coach Coordinator at coaching@wentworthfallsfc.com.au

Team Protocols

All players / parents need to be on the Whats-app group.
Make sure our manager is informed as early as possible if a player is unavailable for training or the game;
Players will be asked to nominate Position preferences at the season start and combined with their natural play we will coach them for those positions;
When the Coach / Manager / another player is talking, you must focus and listen as part of showing each other respect;
Boots should be worn for training and cleaned for the game. Training shirts provided must be worn for training. Shin Pads must be worn for training and game (This is an NFA regulation);
You need to be at the game 30 minutes before the scheduled kick off time or notify the manager you will be late (players will be first reserves if this is not the case);
Players will gather as a single playing group before the game, at half time and following the game to support each other and learn from what we are doing;
There will be a pre-game group session (30 minutes) and a post-game session (5 minutes);
Reserves and substitutes will be used. The intent is for each player to be a reserve to learn the importance of reserves for the team. A roster will be kept through the season.
A lack of training attendance may lead to a lack of playing time.

Additional Information


There may be training games during the year. We will run at least 2 parent / team games. These are lots of fun. Current game score is parents 2 wins / Team 2 wins.
We will take welcome photos with match shirts with the match ball for a team photo for the start of the year. We would also like one of the parents to take some photos and run a game newsletter;
All players will be helped to earn their Football licence. On gaining a licence players will be presented a WFFC Kit Bag and ball to personalise. Photos will be taken of successful completion;
Official WFFC Game shirts will be handed out at Game 1. Each player will need to wash their shirt and the shirt must be returned at the end of the season.
We are planning a Mid-year team BBQ and end year BBQ (Date / Time to be confirmed).
We are looking for parents to help us at training. This is not greatly physical but helps teach the players to move and pass with opposition in the way. Please let us know if you would like to help and have fun.
We run a Best and fairest system of 3, 2 and 1 point each week. This covers support play, best on field, best defence, best attack, goals scored, goals saved, fairest play, most commitment and "Iron Player".

Wet weather protocol for training and game

When wet weather is experienced, the manager will notify all players and parents by our WhatsApp site of whether the game is on, transferred to a new ground or cancelled. Make up games will also be notified on our WhatsApp site. At times notifications may be close to the game times depending on notifications from the NFA.

ADDENDUM 3 – PAPER TEAM SHEETS

Filling out the Team Sheet



Nepean Football Association Inc

To be printed and completed in blue or black and not using ink jet printer or water-soluble pens.
To reach NFA: Unit 9/51 York Road, PENRITH NSW 2750
Refer to NFA By-Laws for team sheet delivery timelines.

Ball Brand used _____
 MATCH OFFICIAL TO COMPLETE

Ground: **Mark Leece Oval Mod 2 (U10)** Time: **09:00 AM** Grade/Div: **U11 Mixed/Div 5** Round: **2**
 Ground Officials Name: _____ Saturday 14 April 2018

Home Team: **St Clair United SC**
 Team Marshal's Name & Signature: _____

ID Check	Reg No.	Player Registered with Team	Shirt No.	YC	RC
	75391900	Ahmet, Amal	12		
	84351055	Atak, Dui	3		
	78031291	Atkinson, Calum			
	81129535	Austin, Daniel	13		
	77504055	Bonanno, Annalise	2		
	77504959	Bonanno, Emily	10		
	76382977	Burton, Zachary	9		
	77870562	Curley, Noah			
	74931429	Finnigan, Cooper	11		
	81255119	Lopes, Joanna	5		
	79475182	Simpson, Ty	7		
	77160406	Finnigan, Marc	C		
	79092920	Bonanno, Kylie	M		

Away Team: **Pitt Town SC White-White**
 Team Marshal's Name & Signature: _____

ID Check	RegNo	Player Registered with Team	Shirt No.	YC	RC
	82783382	Benson, Maxwell			
	80348196	Bont, Mikaylah			
	79668216	Botha, Michael			
	79223855	Brich, Riley			
	77899730	Cleary, Kason			
	81326910	Ho, Brodie			
	77952547	Jones, Corey			
	76375056	Mackenzie, Courtney			
	28545782	Mamula, Campbell			
	28601631	Pisani, Adam			
	12222386	Wallace, Cooper			
	54058009	Wallace, James		C	
	80140652	Wallace, Olivia		M	

Acting Coach/Manager Details:

Home: Name & Signature: _____ Away: Name & Signature: _____

* All players not from this team to be listed in the labeled area below.
 * Total number of players listed in this sheet with shirt numbers and participating must be no greater than 14 for U11's and 16 for all other age groups.

ID Check	Reg No.	Name of Substitute from Different Team	Normal Team/Div	Shirt No.	Card Y	Card R

ID Check	Reg No.	Name of Substitute from Different Team	Normal Team/Div	Shirt No.	Card Y	Card R

Home Yellow Cards	

Away Yellow Cards	

Home Red Cards	

Away Red Cards	

Match won by	Score Home Team

Score Away Team

If the referee is not an official referee, both teams must sign off to agree to the club or unofficial Ref. Game cannot commence without mutual agreement.

Referee	Name:		<input type="checkbox"/> NRG Official <input type="checkbox"/> NFA Club Ref <input type="checkbox"/> Unofficial Ref
	Signature:		
Home Manager's Signature confirming score: _____			

Asst Ref 1 name	
FFA #	
Asst Ref 2 name	
FFA #	
Away Manager's Signature confirming score: _____	

Do NOT use PENCIL or WATER SOLUBLE PENS.

Always use a Blue or Black Ball point pen

If you are unsure please speak to one of the Committee members.

Sign off on the Score at the end of each game. This confirms the score.

In the event of an unofficial referee, sign here to agree

ADDENDUM 4 – IS A PLAYER OFFSIDE?

The Offside Rule is one of football’s most misunderstood laws. Below is a great visual summary of the correct decision tree for the offside rule. This is specific to a player’s position when the ball is played towards them (at the moment their teammate strikes the ball).

