



HAPPY VALLEY FOOTBALL CLUB

UNDER 15 SQUAD

2017/18

PROGRAM GUIDE

“Continuous Improvement”

Joe Maiorana

Harcourts Tagni



INTRODUCTION

Dear Player,

Congratulations on joining the Happy Valley Football Club Under 15 program for season 2018.

The objectives of the Viking's Under 15 program are:

- To develop all facets of the player's skills, game sense and decision making.
- To focus on continual individual improvement.
- To provide a healthy, disciplined Squad atmosphere.
- To prepare players for Under 17.5 competition.

To achieve these objectives the Viking's Under 15 program will:

- Structure sessions to provide dedicated skill acquisition and refinement.
- Utilise game based training methods to support the player's development of decision making as a critical part of football development.
- Introduce player's to a range of game styles and tactics to support their ongoing development as footballers.
- Establish a set of values and behaviours that complement the Happy Valley Football Club's one club approach which all team members must buy into.





COACHES MESSAGE

I am looking forward to working with you all over the coming 12 months on achieving your own football goals and more importantly the realisation of our team's development.

The core of the Under 15 group has developed well over the past three years with a grand final in 2015 and preliminary finals more recently in 2016 and 2017. The sustained success of our Under 15 program has been built on a combination of a development first approach and the creation of a disciplined but fun environment for the players.

For many of you I am a new coach and it is natural that you perhaps are nervous and unsure as to what I am like.

My coaching philosophy is simple:

Plan, Prepare, Perform

This pre-season will be about:

- Planning our 2018 season. This includes the selection of the appropriate game style for us as a team based on our combined strengths and weaknesses. The game style will be simple but will introduce players to different patterns of play and roles.
- Preparing our playing group for the game style that we (coaching group) will select. This will heavily influence our pre-season program.
- Performing to our peaks and seeking to achieve new personal bests across the playing group.

As Under 15 players you are mid-way through your development as a junior footballer. Every season is an opportunity to develop new skills and learn more about football. I expect that you will commit to our team rules and put in the necessary effort to your football – remember you get out of it what you put in.

In addition to the fitness maintenance program, I have attached a set of team standards that I would like the players to read and commit to. Each player will be asked to sign that they accept the standards and will be held accountable to that commitment throughout the year.

Your immediate goal is to arrive at the team's first pre-season date (to be confirmed) fit and ready.

I would like to wish you all a great holiday period and look forward to sharing an exciting 2017 with you.

Regards

Christian Hamilton



Happy Valley Football Club – Under 15 2017 Pre-season Fitness Maintenance Program

Two Training sessions a week is unlikely to dramatically improve your personal fitness. Each player should attempt to train three times a week (3 days from 7). As Under 15's I would avoid any more than four sessions a week so as to avoid over training and introducing the risk of injury.

The pre-season will be broken into 3 distinct phases:

1. Maintenance
2. Build
3. Taper

The Maintenance Phase (Nov 17 – Jan 18) will be primarily the player's personal responsibility though I encourage you to try and find a training partner from within the team so you can push each other. The main focus of the Maintenance Phase is keeping your 2017 season fitness base.

The Build Phase (Jan 18 – March 18) will be done as a team. The Build Phase will seek to increase your base fitness to the level required for the 2018 season. The team will train twice a week during this time and players will be expected to perform one additional session during the week in their own time. The Build Phase will include game simulation, focus on a continual training method and interval training. Skills training whilst fresh and fatigued will be a further focus as will team structures.

The Taper Phase (March 18 to Season Start) will back off the level of high intensity fitness work and will increase focus on team structures and skills refinement in preparation for Round 1.

The main focus before we come back together as a team is the Maintenance Phase. To assist you I have developed a basic program that if followed should adequately maintain your fitness levels.

Both the Build and Taper will be developed separately and held by the coaching staff. The club will communicate the team training nights and start dates later in the year (2017) or in the New Year using the normal communication channels (predominantly be through the teams Facebook page).

In addition to the Maintenance program I would like each player to continue to work on their individual skills level, particularly their kicking (emphasis of kicking 20m – 30m on the run and static), handballing both hands and overhead marking.

In the meantime I will make myself available to meet with you if you wish to discuss anything I have raised.

My contact details are:

Mobile – 0434 313 041

Email – Christian.hamilton@asc.com.au



The Maintenance Phase

This maintenance program is a guide only and is intended to provide a basic exercise regime for players that may not be sure what to do to maintain their fitness.

Players and Parents Please Note!: No exercise listed below is to be attempted if the player feels they are unable to safely complete the activity – this may be because, but not limited to the following: injury, temperature is too hot, or illness.

Tips:

1. Find a team mate to train with and post training pictures on the team's Facebook site to help motivate each other.
2. During your recovery between activities insert skills work (hand and foot). This will practice your mind to override fatigue and execute skills when tired.

Frequency of Training – 3 times a week

Duration of training – 30 mins

Training methods – Continuous Training; Interval Training. Continuous training is aimed at improving aerobic power and muscular endurance. It can involve running, swimming and riding though for AFL running is favoured.

Fitness Focus Areas – Anaerobic (the explosive part of your fitness), Aerobic (how long you can sustain your effort and recovery) and Strength (particularly your core).

Weeks starting 06 Dec 17 till 26 Dec 17 (30 minute session)

10 x 20m Sprints (15 sec recovery between effort) (Maximum Intensity) (Simulates Leading)

Maximum Push Ups (3 sets of 20), Sit Ups (3 sets of 40) and Plank (holding for as long as possible) – (Prep for Contested Ball)

10 minute continuous running/ swimming/ riding at 50% intensity.

Weeks starting 26 Dec 17 till Late January 2018

15 x 20m Sprints (15 sec recovery between effort) (Maximum Intensity) (Simulates Leading)

Maximum Push Ups (3 sets of 20), Sit Ups (3 sets of 40) and Plank (holding for as long as possible) – (Prep for Contested Ball)

15 minute continuous running/ swimming/ riding at 50% intensity



Happy Valley Football Club – Under 15 Team Standards

As a HVFC Under-15 squad member I commit to the following team standards:

Conduct and Behaviour

- I will conduct myself, both on and off field, in such a way that brings credit to me, my team and my club.
- I will responsibly use social media and will not use it in any way that undermines my team, my club or an individual.
- I will treat my coaches, my teammates, and all members of our club with respect.
- I will shake hands with my opponent at the start and finish of every game.
- I will show the umpire respect at all times, which includes respecting his/ her decision.
- I will support all grades (sub-juniors, juniors, senior, male and female teams) equally and with respect.

Training

- I will follow all instructions given to me by my coaching staff.
- I will be at training at least 5 minutes before the stated start time unless I have spoken to the coaches beforehand.
- I will bring all necessary equipment to training (sneakers (pre-season only), boots, mouthguard, water bottle, football clothing)
- If I do not train during the week, unless already discussed with the coaching staff, then I may not be selected for the Saturday side.

Game Day

- I will wear black pants, clean black shoes with a club polo and jacket (when necessary) to every home and away game.
- I will arrive at the ground no less than 45 minutes before the nominated start time.
- I accept that if I arrive later than 45 minutes before a game, without letting my coaches know, then the emergency will be activated and I will not play.

Should I breach any of the standards listed or instructions given to me by my coaches or team officials then I accept that I may jeopardise my selection in the side.

Signed _____

Printed Name _____



Player Information Sheet – Happy Valley Under 15

Instructions

Players to complete the form and hand to coaching staff at the commencement of pre-season training. When completing the form coaches are seeking an honest player perspective of their strengths and where they believe they can improve. This valuable information will be used by coaching staff to pay careful attention to the areas identified and will work with the player to improve over the season. Coaches will provide both mid and end of season feedback.

Player Name _____

Preferred Name _____

Date of Birth _____

Strengths _____

Areas for Improvement _____

Coaches Mid-Season Feedback

End of Season Report



2018 Happy Valley Under 15 Selection Policy

Introduction

The intent of Under 15 football is to prepare players for Under 17.5 and ultimately senior football. The SFL offers each age group a Saturday and Sunday side. Both sides play for premiership points and are competitive games played under fully sanctioned SFL rules and conditions. As such each team is only permitted to announce a squad of 22 players with an additional nominated emergency (total of 23).

Selection Criteria

The following selection criteria will be used by the coaching panel in selecting Under 15 sides at Happy Valley:

1. All registered players: not under SFL Suspension; not under Team discipline sanction for breach of team standards of behaviour; Medically restricted eg Concussion rule; that have attended training or have let coaches know of non-attendance reason will be eligible for selection in either the Saturday or Sunday sides.
2. Selection in the Saturday side is competitive and merit based. The criteria applied will include, but not limited to: skill level; form; fitness and attitude.
3. Where a Saturday side non-selection is made this will primarily be based on the determination that the players development needs are best met by continuing to develop their game in the Sunday competition.
4. As the Saturday side is merit based the Saturday Under 15 coach will automatically consider the Top 5 players from the previous rounds Sunday game as nominated by the Sunday coach. These 5 players will conduct all training with the Saturday squad from the previous week.
5. Additional players, over and above the Top 5 Sunday players, will train with the Saturday side where the Saturday coach wishes to review their progress and development.
6. Any non-selected player that had trained with the Saturday side will receive feedback from the coaching staff as to the reasons for non-selection.
7. Team selection is a reality of competitive football in all leagues. The coaches recognise the sensitivities around non-selection and will ensure that the feedback is delivered in a timely and appropriate manner to all players.
8. Team standards as agreed by the side preclude selection being discussed on social media.

The criteria outlined above are intended to provide both players and parents a genuine insight into the selection process that will be applied during the 2018 season.

Christian Hamilton

Under 15 Saturday Coach