

A GUIDE TO MANAGING IN GRASSROOTS FOOTBALL AT DEANSHANGER COLTS



Welcome and Introduction

As a Foundation Phase coach, your sessions are a player's 'first steps' in football.

The Foundation Phase England DNA recognises that there's more to your team's development than their technical skills. If you want to support the 'big picture', it's important to take a holistic approach and address all areas of The FA 4 Corner Model: social, psychological, physical and technical/tactical.

If we restrict time on the pitch because we focus on the result, or worry about the players making mistakes, we're missing the point. Every player is an equal member of the team, even though they may be operating at different levels.

Equal playing time in the Foundation Phase is important and should certainly be a consideration during your matchday management. Think about their development long-term, instead of short-term results.

Squads within the Deanshanger Colts Football Club will not divide teams based on ability until they are playing at U10's Football and in consultation with the Head of Football Development and approved by the Clubs Committee.

The Club fully understands the pressures put on coaches by parents to deliver results for their children but we at Deanshanger believe in allowing children to develop in a safe environment without the pressure of winning games.

During the early years of the Foundation Phase and whilst playing the 5v5 format teams will consist of 10 players, with a minimum of 1 Coach. Should a team have more than 10 players then a second coach will be required to assist and so on per ten players. The club recommends that on match day each coach should take 8 players to a match, this will allow the management of game time to be as even and fair as possible. Additional coaches will be required from within the parent's group to allow the children to develop. The Clubs Head of Football Development can support coaches in securing further help.

It is key that Coaches communicate with parents and the club can help by supporting in a "start of season" briefing. This will allow the parents to understand the format in which the children will be training and playing each week.

It's important to remember that:

- time on the pitch is a vital part of player development
- equal playing time in the Foundation Phase is important
- every player is an equal member of the team
- you need to deal sensitively with each player and the experience they get on matchday
- it's about their development, not your result.

Remember the words of Pete Sturgess, FA lead for the Foundation Phase:
"Players are only young once, so we owe it to them to get this right".

Yours Faithfully
Marc Pether
Chairman
DCFC.

Being the Manager

So you've got the job. You're the gaffer. Whether you're a budding Mourinho or a reluctant volunteer you've got the responsibility of managing the team. You might have a detailed five-year strategy or just a few stinky bibs and some flat footballs but hopefully this resource will provide you with a few pointers in the art and science of running a grassroots amateur Saturday team.

Fair. The players need to know that the manager will treat them fairly. Be consistent. Don't insist that your nephew takes all the free-kicks, corners and penalties.

Organised. The manager must be a good organiser of time and players. If players know that they will turn up to find a full team, ready to play then you're much more likely to get and retain their commitment. If you've got nine players, no goalie, no first-aid-kit, flat footballs and an unwashed kit don't BEING THE MANAGER be surprised if

Leadership. The manager must set an example worthy of emulation. The players will take a lead from you – if you turn up late, so will they. If you're undisciplined don't be surprised to find your players racking up the reds and yellows.

Standards. Set the highest standards for everyone. You're not one of the lads. You're the gaffer. All managers start life by looking at what they have and then deciding as to whether they need to recruit. The opportunity to raid the international transfer market is not available to you but there are time-honoured and newer digital techniques of recruiting players. Having got your squad you need to ideally identify a way of playing which complements your strengths and minimises your weaknesses. This might mean that you place a particular emphasis on, maintaining possession, set pieces, playing off a front man, speed on the break, or pressing the opposition. Having identified your strengths then you need to choose a formation that will ideally complement this approach.

Coach Development

The club is keen to support your development and we expect every coach to have completed the FA Playmaker course within 6 months of starting at the club. Following completion, the club will support one coach from each team to go forward to the Introduction to Coaching Football Course which will be fully funded by the club. All coaches will be expected to complete the Safeguarding for all course which is free and accessible online from the FA Bootroom website.

The club will always consider future development of coaches and coaches wishing to progress to the UEFA C should approach the Head of Football Development in the club.

Hold a parent meeting

Talk about the season ahead your aspirations for the players development, the support you need from parents how you will manage communication. This is to be run jointly with a committee member to talk about the wider club. It is essential here to revisit the FA Respect agenda and what we need from parents as well as players. Talk to them about their voice where they can go with concerns to talk to you in the first instance or signpost to committee members as appropriate. Talk to them about the FA's grass roots ethos and player development so that when the coaching you deliver looks vastly different to that they used to receive they understand why. Tell them to talk to you about anything they are unsure about and reiterate their child's enjoyment is paramount. Don't be afraid though to explain that children are expected to attend training ready to listen and to play football as if they are not then it could be to the detriment of other children. Explain how you will manage discipline and that where there are ongoing issues their support will be sought. Depending on age of players be clear with expectations around parent attendance at matches/ training and policy on release of players at end of sessions.

Confirm key dates i.e. when will midweek training move to EWS, when will training stop for Christmas/Easter, end of season and presentation day. If you intend to play in tournaments give as much notice as possible.

weekly

Check pitch plan for timing and location of training space/ kick off time of matches, Pitch space is so limited at the colts that it takes a significant degree of co-ordination to try and squeeze in all the squads for all of the relevant matches/ training that will be going on any given weekend. As soon as match schedules are published the club secretary works hard to schedule this as far in advance as possible to allow you to liaise with opposition teams and let your parents/kids know. Every effort is made to make sure that teams coming from further afield are given later kick off times etc but sometimes it represents the best compromise available. If you know in advance of issues you may have etc then please let the club secretary know as it may be possible to accommodate changes but not always due to sheer pressure of fixtures.

Liaise with opposition teams re matches send a copy of the picture of site plan. Share info in as timely a way as possible with opposition teams- if weather potentially a factor tell them how you will liaise with them on the day and what time they can expect to be notified of cancellations etc. Send the best practice message- see attached welcoming them to Deanshanger Colts.

Matchday

Please ensure the right size goals must be used and set up safely, pitch must be safe, holes must be filled in, sweep for dog mess and ensure respect lines are in place. Please also make sure equipment is away after game and make sure the container and goal compound are kept tidy and locked if you are the last team at home. Adhere to kick off times If you kick off late/ don't have equipment packed away etc it delays everyone else and with potentially three matches on each pitch it is imperative we run to timings.

Summer Tournaments

The Club encourages all age groups to take part in summer tournaments that take place across Milton Keynes and Northamptonshire, and it is down to individual managers to arrange entries. Entry fees are to be collected by each team and paid direct to the event organiser. Teams wishing to take part in Tournaments with overnight stays or abroad need to approach the committee prior to application.

Coach Code of Conduct

Coaches are key to the establishment and delivery of the Deanshanger Colts ethos of

Safe friendly and respectful

To provide football for all children of all ages and abilities in a safe and friendly environment promoting good behaviour and respect for others.

Focused on player development

Long-term player development ahead of win at all costs.

Deliver coaching appropriate to each age group to achieve this, encouraging all players to try their best and work hard to make the most of their abilities.

One Club

One set of rules and teams equipped the same.

- Put the well-being and safety of players above all other considerations
- Display sportsmanship in all situations – sportsmanship should be contagious
- Display high standards of behaviour to players, parents, opponents and officials
- Coaches must always promote the positive aspects of the sport.
- Display high standards of appearance and wear club colours at training and matchday
- Be a good role model for those in your care
- Enjoy yourself and in so doing promote enjoyment for others
- Be responsible for your actions
- Encourage your supporters to display a sportsmanlike attitude
- Guide and encourage players to accept responsibility for their own behaviour and performance
- Respect and uphold the Laws of the Game and discourage actions and behaviour contrary to the spirit of the Laws of the Game
- Use acceptable and appropriate language at all times and in all situations.
- All playing kit and equipment is the responsibility of the coaches.

Parents' Guide

Players are the most important people in sport. Playing for the team, and for the team to win, is the most fundamental part of the game, but not winning at any costs, because Fair Play and respect for all others in the game is equally important.

Parents and spectators have a great influence on children's enjoyment and success in football. All children play football because they first and foremost enjoy the game – it's fun. But, however good a child becomes at football within the club, it is important to remember that positive encouragement will contribute to:

- children enjoying football.
- a sense of personal achievement.
- high self-esteem.
- improving the child's skills and techniques.

A parent's / spectator's expectations and attitudes have a significant bearing on a child's attitude towards other players, match officials, managers and spectators.

All parents / spectators of Deanshanger Colts FC are expected:

- not to use foul or abusive language in any circumstances.
- to always be positive and encouraging towards all players from both teams (not just their own child or the most talented), in a sensible and constructive manner.
- to avoid yelling at or ridiculing a child for making a mistake.
- to remember that children play football for their own enjoyment, not for your own entertainment.
- to show respect for the Match Officials.
- to accept defeat sensibly and with dignity and to encourage the children to do the same.
- to avoid coaching the children during the game.
- to accept the decisions and instructions of the Coach and other Team Officials - remember, they are volunteers who give up their time and resources to provide football for your children.
- to abide by the Laws, rules and spirit of the game of football.
- to support all efforts to remove verbal and physical abuse from children's football and to promote this Code of Conduct amongst other Parents and Spectators.
- To stand behind the one metre perimeter line marked around the pitch
- To refrain from smoking and drinking alcohol by the side of the pitch on match days or training sessions.

REMEMBER:

CHILDREN LEARN BEST BY EXAMPLE

Show respect for others.

Encourage and be supportive.

Be dignified in defeat.

Honest effort is more important than victory.

Guide to Communications

As coaches your role as a trusted adult means you need to be very careful about how you communicate with the children you coach. All communications need to be relevant and responsible. All communication should be with parents/carers. However, as children get older we know that their presence on social media etc. can blur those lines so we want to be very clear with what you need to do.

All communication needs to be managed responsibly - make sure parents/carers are always copied into messages. If a child messages, you directly even to arrange lifts etc. go back copying in parents/carers. Never enter private messaging with any children. If a child messages you directly with inappropriate content do not reply without seeking guidance. You need to talk to your welfare officer or if not available and you have immediate concern for that child contact the NSPCC or the police.

Facebook groups

Many age groups have Facebook pages and it's a great way to share information please remember

Do

- Use a closed group and make sure that you regularly monitor content
- Maintain admin rights in the coaching team so you can remove inappropriate content
- Make sure the club welfare officer is a member of the group
- Use it as a way to celebrate the team- photos, stories, training tips etc.
- Get key welfare messages out to everyone is hot out there make sure you have sun cream
- Share details of matches/events
- Be mindful that even though the group is closed anyone can screen grab that info and share more widely so be very careful with what you write

Don't

- Allow tagging of players in individual photos or identifiable references to allow identification of a child.
- Allow inappropriate discussion or third party especially adult discussion as people may forget that there might be young people as members and it isn't relevant.
- Never post negative or derogatory comments about opposition teams/ match officials as it can be sighted as bringing the game into disrepute and people and clubs can be fined/ sanctioned.
- Single out players for criticism or partake in 'banter' etc. as even if you had no malice intended it doesn't mean that the recipient hears it in that way.
- Do not allow anything that contravenes the FA Respect agenda it is just as important online as it is at the club for training or matches.
- Do not share details about your personal life/ situation as it is not relevant. All communication needs to be relevant to football

Matchday App

It's time to boot out all the boring admin around organising your football. The FA's official Matchday app has been developed specifically to automate everything around your football life – whether you're a player, club secretary, manager, or coach.

Who's in the team? Who are the opponents? Where's the game? When's kick-off? Is anyone currently suspended?

With Matchday, all the answers are instantly available at your fingertips. And it's all in a safe and secure environment, backed by The FA. We'll also ensure it has up-to-date, comprehensive information on players, clubs, fixtures and leagues.

It's often said that time is our most precious commodity. The main aim of Matchday is to save you time, so you can confidently enjoy the game you love, knowing your football life is sorted. Oh, and we forgot to tell you – it's free!

How Matchday will make your football life easier?

With Matchday, all the answers are instantly available at your fingertips. And there's lots more benefits, depending on who you are:

Managers and coaches:

- Select your line-up – wherever you are;
- Submit team sheets on the go;
- Organise matches, training and social events – and provide instant updates;
- Avoid fielding ineligible players;
- Notifications are automatically sent to players;
- Submit your final score (no need to SMS in anymore!);
- Submit your match return or match report straight to Full-Time from app;
- Collect match fee payments in app;
- Collect club (season) payments in app.

Players:

- Make yourself available and know immediately you're picked;
- View all future fixtures;
- Stay across all past stats;
- Keep an eye on the tables, fixtures, results and scorers;
- Pay match fees in app;
- Pay club (season) fees in app.

Registrations & Players Clothing

Player Fee's

£45 September-December

£25 December – February

£0 February – May

£15 per month



Deanshanger Colts Kit Policy

All Colts players to have the same access to Kit- we want our players to feel part of Deanshanger Colts and looking like a team is a key part of that

| Item | Frequency the club will provide | Purpose |
|------------------|--|--|
| Training Jumper | Every Other Season if required | To keep players warm and promote one club ethos |
| Blue Match Shirt | Every Other Season- Sponsored shirt remains the property of the club as need to keep team strip as a set | Match strip- to be worn for all matches unless there is a colour clash to promote our kind sponsors |
| Yellow Shirt | Every Other Season if required | Alternate match strip and training top, to be worn at all training sessions |
| Shorts | As required due to growth, not more than once a season | Match Strip |
| Socks | As required due to growth, not more than once a season | Match Strip |

Deanshanger Colts will do our best to issue all of the above to new starters as soon as stock levels allow and to all Colts players



EQUALITY CHARTERED CLUB

England Accreditation & Kick it Out

Football leagues and clubs accredited by The FA have positively changed the football landscape over the last 20 years, creating the ideal environments to nurture players, coaches and volunteers. The result is greater diversity and inclusivity throughout football. England Football Accreditation replaces The FA Charter Standard and is the next chapter in this amazing story as we unite even more communities by supporting Leagues and Clubs over the next 10 years.

WHY ENGLAND FOOTBALL ACCREDITED EXISTS

Leading by example. Raising the bar. Flying the flag for Respect and diversity.

Accredited Leagues and Clubs exist for the players and create opportunities for everyone to experience and enjoy the game we all love.

Every fan, parent and volunteer, how ever they support the game. Every player, referee, or coach, regardless of ability.

"A vibrant national League and Club network that deliver inclusive local football community."



Kick It Out Equality Chartered Grassroots Football Club

Deanshanger Colts is a football club for all young people - regardless of age or ability. It has been part of the Ethos of the club for many years.

Simply put we want all young people in our local community to feel like they can be part of the Deanshanger Colts.

Being a Kick It Out equality-chartered grassroots football club help us demonstrate that even further.

We believe in promoting the benefits of being inclusive and diverse. We see the power of inclusion when young players benefit from it and we see the confidence and happiness it brings them.

We are determined to continue to be inclusive and to help others see the benefits of it.

Support & Help

The club is run by a committee who like all members are volunteers, the work extremely hard to ensure that the players, coaches and parents are supported in their journey with Deanshanger Colts.

The Committee is here to lead the Club, support the coaches and aid player development. As coaches you are not alone, if you are unsure on any aspect of managing your team or dealing with a particular issue please ask for help. We have an all-inclusive team; we are always on hand to help and support everyone within the club.

This guide is to help you in your journey, it doesn't contain all the answers you will need over the coming months and years, but it is hoped that it will provide you with a great start.

It leaves us to wish you all the very best of luck and we would like to offer out thanks to you and your family for the commitment you have made to support the young people.

DCFC Committee.



Committee Members Contact Details

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