

# DEVELOPING OUR PLAYERS



## Player Conduct

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

## Club Welfare

At St Pats FC we pride ourselves on being a family club. With this in mind we care about the safety & wellbeing of our players, families and supporters. Be it game-day, training throughout the week, or enjoying a social event our Club thrives on the participation and enjoyment of all members and supporters.

St Pats FC cultivates a respectful, responsible, safe, accountable and inclusive culture amongst all... players, families, supporters and associate members.

Football should be coached, played and supported at all levels in a way which aligns with the spirit of the game, encourages only the greatest possible community participation and embraces all who wish to be involved in a caring and co-operative effort. Developmental aims and principles should take precedence over competitive influences in relation to coaching and planning policies.

The objective of 'Safe Football' is to provide a pro-active approach in 'Raising the Awareness' of any risks and to provide a practical framework for St Pats FC to minimise or manage these exposures.

1. provide a safe place for recreation/Football;
2. provide a safe system of rules;
3. provide safe and adequate equipment;
4. provide the participant with competent fellow participants, and
5. provide adequate instructions and supervision for Football

# reSPect... Fair play and respect for all others in the game is fundamentally important.

**The Game** A player should:

1. Make every effort to develop their own sporting abilities, in terms of skill. Technique, tactics and fitness
2. Give maximum effort and strive for the best possible performance during a game and training
3. Set a positive example for others, particularly younger players and supporters
4. Not use inappropriate language
5. Know and abide by the laws and spirit of the game.
6. Accept success and defeat equally
7. Make every effort within the laws of the game to help their own team win

**Coaching Staff** A player should:

Show respect to the Coach and Team Officials, abide by the instructions of the Coach, provided they do not contradict the spirit of the game

**Opponents:** A player should

1. Treat opponents with due respect at all times, irrespective of the result of the game
2. Safeguard the physical fitness of the opponents, avoid violence and rough play and help injured opponents

**Volunteers:**

**A football club is about far more than the players on the pitch.** St Pats FC is committed to supporting the volunteers that make up the backbone of local football. All people associated with St Pats FC are expected to value the contribution made by the volunteers. The clubs also hopes to maintain the high number of volunteers and also actively recruit more people to take an active role within the running of the club.

# Injury Prevention @ St Pats FC

Some football injuries happen just as accidents anywhere: unpredictably and inevitably. But mostly, injuries can be avoided. Make sure you know how. To become a better player, preventing injury is as important as training: you can stay on the pitch and perfect your skills. Learn how to protect yourself and everyone else:

## 1. Always fully recover after an injury

If there is one proven risk for injury, it is an incompletely healed previous injury. Return to play too early and you risk that your body is not yet able to cope with the stress. No match is so important. Team up with your doctor and physio to make the right choice.

## 2. Protect yourself with the right equipment

Shin guards protect your lower leg from bone fractures during training and matches. They need to be individually fitted to be long and wide enough to cover your whole lower leg.

Use taping or a brace after an ankle sprain as it helps to prevent a re-injury.

Goalkeepers should wear padded uniforms to protect hips, elbows and shoulders (knees during training), and proper gloves.

## 3. Fair Play: Respect the Laws of the Game

The Laws of the Game protect your health in that they prohibit dangerous actions known to cause severe injuries, for example when you thrust your elbow outwards in head duels. Referees will rigorously sanction players who act so ruthlessly to ignore fair play.

## 4. Regularly do protective exercises

Your body has natural defence mechanisms against injuries that you can train to become more “resistant” to injuries. Prevention programmes combine exercises training this defence in a structured way. But the greatest programme is not going to have much of an effect if not performed regularly. Make the “**11+ – a complete warm-up to prevent injuries**” part of your training routine!

During training or on game-day your Coach & Manager has First Aid equipment at their disposal and all grounds throughout the AWFA Association have immediate access to medical services. We encourage all players to speak with coaches and managers at all times if feeling unwell or in need of assistance so that the correct medical attention can be formulated or administered.