

JUNIOR PLAYER DEVELOPMENT PLAN 1.1

PURPOSE

DCWFC prides itself on providing female players with the opportunity to join an inclusive club that takes player development seriously. This development plan outlines how we undertake development at each age group, who is responsible and how it is to be achieved.

AIM

To provide players with the opportunity to develop their skills from U10's to Snr's.

OVERVIEW

As a club our dream is to have players come to us at U10's and progress through the junior age groups and finally move onto seniors. In order to do this, we want to ensure that we provide a clear, concise, and consistent development plan so that Coaches, Players, and Parents are all on the same page when it comes to expectations and what we believe are the key development stages for each age group.

We understand that from time to time we will have new, inexperienced players join us at various levels, this plan will also help them to develop their skills at an appropriate level.

The following Junior Development Plan outlines expectations of Coaches during training and game day and highlights the key skills and requirements.

Each Age Group is broken down into:

- Aim
- Training
- Kicking
- Handballing
- Tackling
- Rotations
- Leadership
- Other

The matrix at the end of the Junior Player Development Plan provides a quick overview.

This document is to be reviewed annually and provided to each Coach and discussed with them at recruitment, so they understand DCWFC's expectations. It is important to note that this is not a prescriptive Coaching structure but a guide as to what is expected at each age group. We will look for Coaches who have a strong development focus and are willing to align with the goals of DCWFC. We also want coaches to bring their passion, experience and ideas.

UNDER 10's

AIM

It's all about fun but development needs to be taken into account. U10's are our future, so we want to focus on the basics and provide them with a good grounding.

TRAINING

- When training starts, warm up stretches should be implemented, this sets up a good routine and don't forget the fun 😊.
- Training nights should have an element of kicking both sides of the body and handballing both sides of the body.
- A full game set up should be implemented to help them understand the rules and where they can play in certain positions, this will also help the top age players with preparation moving up to under 12's.
- Use of the Ground Mat with ground layout and bean bags to explain positions is recommended.

KICKING

- Development of kicking skills at this age is about how to hold and drop the ball to get connection, not about distance. The use of a kicking coach is recommended.
- Encourage development of left and right.

HANDBALLING

- Development of handballing skills at this age is about how to hold and punch.
- Encourage development of left and right.

TACKLING

- There is no formal tackling in U10's however, they should be shown what they are allowed to do regarding grabbing/holding players. The use of a tackling coach is recommended.

ROTATIONS

- Every U10 player needs to play every position and be rotated every quarter from forward to mid, mid to back and back to forward, every opportunity needs to be taken to develop each player in each position.
- Use of coaching board to help with rotation system to be implemented. This also gets players familiar with rotations and reading of the board. They like to see their names and where they are.

LEADERSHIP

- Rotating captains every week will help with confidence and leadership and allow all players to experience the role. Pairs or Multiple Captains, per game, can be used depending on team numbers and games.

OTHER

- All top age players should play at least 1 game in the U12's to get the full ground experience and to prepare them for the following year.
- The U10's should train with the U12's at least three or four times during the year, even if it's a fun game for laughs, but the under-lying goal is to help with their development, as well as, developing friendships making it easier for top age U10's to transition the following year.

DCWFC Policies and Procedures

UNDER 12's

AIM

- Same as the U10's, it's all about fun but development and game knowledge should now be a focus.

TRAINING

- When training starts, 5 minutes of warm up stretches should be implemented. This can include fun games.
- U12's should train with the U14's during the year to help with their development.
- Use of the Ground Mat with ground layout and bean bags to explain positions is recommended.

KICKING

- A kicking coach should be introduced at this level, 1-2 times during the year to assist with kicking development.
- Goal kicking routine should be introduced at this level, trying to kick a goal from a set shot can be daunting at times, especially when the game is in the balance. Introducing a kicking routine at this age will help settle players in front of goal, focusing on breathing, enough room between you and the player on the mark, kicking coach can assist with this.

HANDBALLING

- Continue to develop handballing skills using both left and right.
- Accuracy should start to be a focus and introduce handballing on the run.

TACKLING

- A tackling coach should be introduced at this level, tackling starts at U12's, so learning how to tackle properly at this age group will ensure by the time they get to the older age groups they have developed good techniques and are safe players.

ROTATIONS

- Every player in every position, week in week out.
- Use of coaching board to help with rotation system to be implemented. This also gets players familiar with rotations and reading of the board. They like to see their names and where they are.

LEADERSHIP

- Rotating captains every week will help with confidence and leadership and allow all players to experience the role. Can be done in pairs pending numbers.

OTHER

- Top age U12's should have an opportunity to play up a game in the U14's for more experience, as the game becomes a little more serious as they go through every year. It also helps to develop friendships with older players.

DCWFC Policies and Procedures

UNDER 14s

AIM

- For players to have developed the fundamental skills and game knowledge and to now start to apply that and continue their skill development.

TRAINING

- When training starts, 5 minutes of warm up stretches should be implemented.
- A small game plan should be introduced at this level, this game plan should be used once a week at training to implement it during game day. Every player should be taught this game plan as the rotation system that is used will allow every player to be aware of the game plan.
- Training nights between the U14s and U16s should happen, at least 4-5 times during the year.
- Use of the Ground Mat with ground layout and bean bags to explain game plan.

KICKING

- A kicking coach should be used 1-2 times a year to refine kicking skills.
- Goal kicking routine should be practiced at training and implemented on game days.

HANDBALLING

- Continue to develop handballing skills using both left and right.
- Accuracy should start to be a focus and handballing on the run.

TACKLING

- A tackling coach should be utilised as learning how to tackle properly will ensure players develop good techniques and are safe players.

ROTATIONS

- At this level, the development coaching board still needs to be used, also rotating all players in all positions.
- Obviously, your tallest players will play ruck and possibly a key position at CHB or CHF, the rotation system will still need to be in place and continued.

LEADERSHIP

- Selection of a Captain, Vice-Captain & Deputy Vice-Captain is encouraged.

Other

- When possible, most top age players that are ready should play a game in the U16s to help with their development to prepare them for the quicker pace and easier transition.
- At this age group, pack mentality football is still in play, having a game plan that focuses on this will help open the game up and you'll find that free flowing football will start to take effect.

DCWFC Policies and Procedures

UNDER 16s

AIM

- With fundamental skills and game knowledge developed, players will apply their knowledge in a faster paced and free flowing game. Focus becomes continued skill development, reading play and positioning.

TRAINING

- A proper warm up at the start of training and a proper cool down at the conclusion of training.
- A game plan for kicking out, kick outs, midfield set ups and non-flooding plays should be implemented at this level. Once this is implemented, the pack mentality football will reduce greatly.
- The game plan needs to be implemented at training.
- U16's should train with the Seniors at least four times throughout the year.
- Use of the Ground Mat with ground layout and bean bags to explain game plan.

KICKING

- A kicking coach should be used 1-2 times a year to refine kicking skills.
- Goal kicking routine should be practiced at training and implemented on game days.

HANDBALLING

- Continue to develop handballing skills using both left and right.
- Accuracy should start to be a focus and handballing on the run.

TACKLING

- A tackling coach should be utilised as learning how to tackle properly will ensure players develop good techniques and are safe players.

ROTATIONS

- At this level, rotation of players will be minimal, as key players will play key roles. At this level if the above (U10s,U12s,U14s) development isn't implemented you'll find that you'll have 2-3 players that will be relied on a lot and that will hurt the team if they are missing through injury rather than 10 plus good players, therefore development is a must through the years to get to this point.
- New players to the game should be given opportunity to rotate to find their place.

LEADERSHIP

- Formal appointment of Captain, Vice-Captain, and Deputy Vice Captain.
- Selection of roles can be done by Coaching group or player nominated/voted or combination.
- Consider development of a leadership group.

OTHER

- At this level the advanced coaching board needs to be used for implementing game plan. Also used for acknowledging good players from the opposition, opposition kick outs and their game plan. Being aware of their ball movements and using key statistics of match knowledge to understand if there are too many free kicks given or to improve on centre clearances.
- U16s and U18s should train together every 3-4 weeks, to keep the numbers coming through to 18s.
- Under 16s should be invited to senior preseason training to help close the gap between juniors and seniors.
- At any opportunity, if there is an exceptional top age player identified and it is agreed upon with parents, player and coaches, that player should be invited to have a game in the Seniors for further development.

UNDER 18s

AIM

- Fundamental skills and game knowledge consolidated, players will apply their knowledge in a longer, faster paced and free flowing game. Focus becomes refined skill development, reading play and positioning.

TRAINING

- Preseason training with the seniors, pre and post Xmas is fundamental for development and retention.
- The game plan must be implemented at training and complement what the Seniors do.
- A proper warm up at the start of training and a proper cool down at the conclusion of training.
- Use of the Ground Mat with ground layout and bean bags to explain game plan.

KICKING

- A game plan for kicking out, kick outs, midfield set ups, non-flooding plays, utilising the fat side of the ground (open space) should be implemented. This will greatly reduce “pack mentality” football.
- A kicking coach should be used 1-2 times a year to refine kicking skills.

HANDBALLING

- Refining of handballing skills using both left and right.
- Accuracy is the focus and handballing on the run, as well as, using peripheral vision.

TACKLING

- A tackling coach should be utilised as learning how to tackle properly will ensure players develop good techniques and are safe players.

ROTATIONS

- Advanced Coaching Board to be used.
- Key position players such as CHF, CHB, FB should be used with the game plan, rotation through positions will be minimal but should still be offered and managed on game day for rest or action purposes.
- New players to the game should be given opportunity to rotate to find their place.

LEADERSHIP

- Selection of Captain, Vice-Captain, and Deputy Vice Captain.
- Selection of roles can be done by Coaching group or player nominated/voted or combination.
- Implement a leadership group which consists of 3-5 players ranging from second to first year players. The leadership group should aim to take the warm up at each training session and other drills.

OTHER

- Work with the Senior Coaches to understand their game plan with a view to adopting aspects to complement their game plan. This will make it a smoother transition for U18's going to Seniors.
- At any opportunity, if there is an exceptional player identified and it is agreed upon with parents, player and coaches, that player should be invited to have a game in the Seniors for further development.
- U18s should be developing a structured game day plan which includes warm up time frames, 3 quarter time warm up on the ground. Coach's address players before the game begins. Expectations and understanding of game day structures help keep players focussed.
- Invite a motivational speaker to assist with focus, wellbeing and encouragement.
- Encourage extra team activity to take place off field.

SKILLS MATRIX

Skill	U10's	U12's	U14's	U16's	U18's
Warm-up	Yes	5 mins	5 mins	Proper	Proper
Ground Mat	Use to explain positions	Use to explain positions	Use to explain game play	Use to explain game play	Use to explain game play
Lane Work			30 – 40 HB & K	30 – 40 HB & K	30 – 40 HB & K
Kicking	Hold Drop Connect	Hold Drop Connect Accuracy Distance	Hold Drop Connect Accuracy Distance On the run Bouncing	Hold Drop Connect Accuracy Distance On the run Bouncing	Hold Drop Connect Accuracy Distance On the run Bouncing
Handballing	Left & Right	Left & Right Accuracy	Left & Right Accuracy On the run	Left & Right Accuracy On the run	Left & Right Accuracy On the run
Tackling	Bear hugs	Yes	Yes	Yes	Yes
Rotations	All players Every position	All players Every position	All players Every position	Start to set positions	Set positions but flexible
Game Plan			Yes	Yes	Yes