

**CAPALABA FOOTBALL CLUB  
INCORPORATED**



**THE WAY WE PLAY -  
FOOTBALL GUIDELINES**

**Capalaba Football Club** is committed to offering a football program that is based on participation, fun and equal opportunity to males and females of all age groups and skill levels. Equally, Capalaba Football Club strives to provide a development pathway that assists individuals to reach their full potential both on and off the football field.

**Our “Football” goals and objectives are defined as follows:**

- To be a sought after destination in relation to player development, both junior and senior; with benchmark measures in place in all aspects of coaching, development, facilities, club administration and providing a clear and defined pathway for all players.
- To provide genuine opportunities for all coaches, players and administrators (committee members) at the club to be able to develop and progress to their true potential including the progression from Junior through to Professional licenses.
- To continue to promote the positive culture and leadership the Bulldogs are renowned for and that is present at John Frederick’s Park.

## **Our Vision**

That **Capalaba Football Club** will be recognised throughout the Brisbane Football Community as a celebrated leader in community based sporting organisations, offering players the opportunity to play at all levels of participation. To continue the promotion of football within the Brisbane and Bayside areas, providing the highest quality development for all players, officials and volunteers.

## **Our Mission**

- Is to provide a welcoming community that celebrates the social and sporting development of young people through the beautiful game – football.
- To improve facilities, creating opportunities for all participants to develop to their full potential, building character and respect for one another.
- We will ensure a safe and supportive environment to all our members and those whom visit our facility. We will be inclusive of all and will be aware of the diversity of our local and greater community.
- Developmental aims and principals will always take preference over competitive influences in relation to coaching and the planning of the clubs policies.

## Coaching Model

All our coaches at all levels will use the **four corner** approach to coaching.

<p><b><u>TECHNICAL</u></b></p> <p>Ball Control Using different surfaces 1V1 Possession Understanding Pressure Positioning Making Space Foot Skills</p>	<p><b><u>PSYCHOLOGICAL</u></b></p> <p>Decision Making Gaining Confidence Learning New Skills Patience Making &amp; Learning Mistakes Rules Awareness</p>
<p><b><u>PHYSICAL</u></b></p> <p>Movement On/Off the Ball Passing Co-ordination Balance Turning &amp; Running with the Ball Heading Shielding</p>	<p><b><u>SOCIAL</u></b></p> <p>Teamwork Applauding &amp; Encouraging Others Communication Offering Help &amp; Advice Making New Friends Behaviour &amp; Enjoyment Smiles 😊</p>

This model targets the key areas of player and personal development:

All our coaching is in line with the National Curriculum and is split into four phases:

- **Discovery Phase** Ages U8 and below
- **Skill Acquisition Phase** Ages U9 to U12
- **Game Training Phase** Ages U13 to U16
- **Performance Phase** Ages U18 to senior

These phases may overlap as a player may develop their football knowledge at a different pace to their peers.

### ***Discovery Phase***

- No coaching, organised fun football exercises and games
- Learn the game by playing the game - 'street' football
- Players learn the possibilities of the beautiful game through trial and error
- Emphasis on building a love of the game

## ***Skill Acquisition Phase***

- Focus on the **Four Core Skills**
- Building a solid foundation of technical skill
- Every session based around one of the Four Core Skills
- The vital learning phase in the player's footballing life

**Four Core Skills** - comprise of:

- **Striking the ball** - This includes all forms of striking the ball such as short/long passing, shooting and crossing
- **First touch** - Controlling the ball with all allowed body parts
- **1v1 Attacking and Defending** - All moves, feints and accelerations to get past and away from an opponent, or to fairly stop an opponent from getting past the player and gaining an advantage
- **Running with the ball** - At speed (with a lot of space) or 'dribbling' (in tight areas), this includes techniques for protecting the ball and changing direction

These four core skills cover 95% of the actions of an outfield player in a football game. The other 5% consists of heading and throw-ins. The mastery of these skills is vital to the development of the player.

## ***Game Training Phase***

- Preparing players for senior football by teaching them to apply functional game skills in a team setting using 1-4-3-3 as the preferred formation
- Developing tactical awareness, perception and decision-making through a game-related approach to training

## ***Performance Phase***

- Prepare teams for a competitive environment where winning has become the main aim
- Train to focus on solving football problems, based on match analysis
- Integrate FOOTBALL CONDITIONING as a key part of the program

## National Curriculum Links

### *National Curriculum*

- [http://www.footballaustralia.com.au/dct/ffa-dtc-performgroup-eu-west-1/FFA%20National%20Curriculum\\_1ma6qrmro1pyq10gzxo5rcn7ld.pdf](http://www.footballaustralia.com.au/dct/ffa-dtc-performgroup-eu-west-1/FFA%20National%20Curriculum_1ma6qrmro1pyq10gzxo5rcn7ld.pdf)

### *Model Sessions*

- Discovery Phase:

<http://www.ffacoachingresource.com.au/the-building-blocks/the-discovery-phase/session-listing/>

- Skill Acquisition Phase:

<http://www.ffacoachingresource.com.au/the-building-blocks/the-skill-acquisition-phase/session-listing/>

- Game Training Phase:

<http://www.ffacoachingresource.com.au/the-building-blocks/the-game-training-phase/session-listing/>

- Performance Phase:

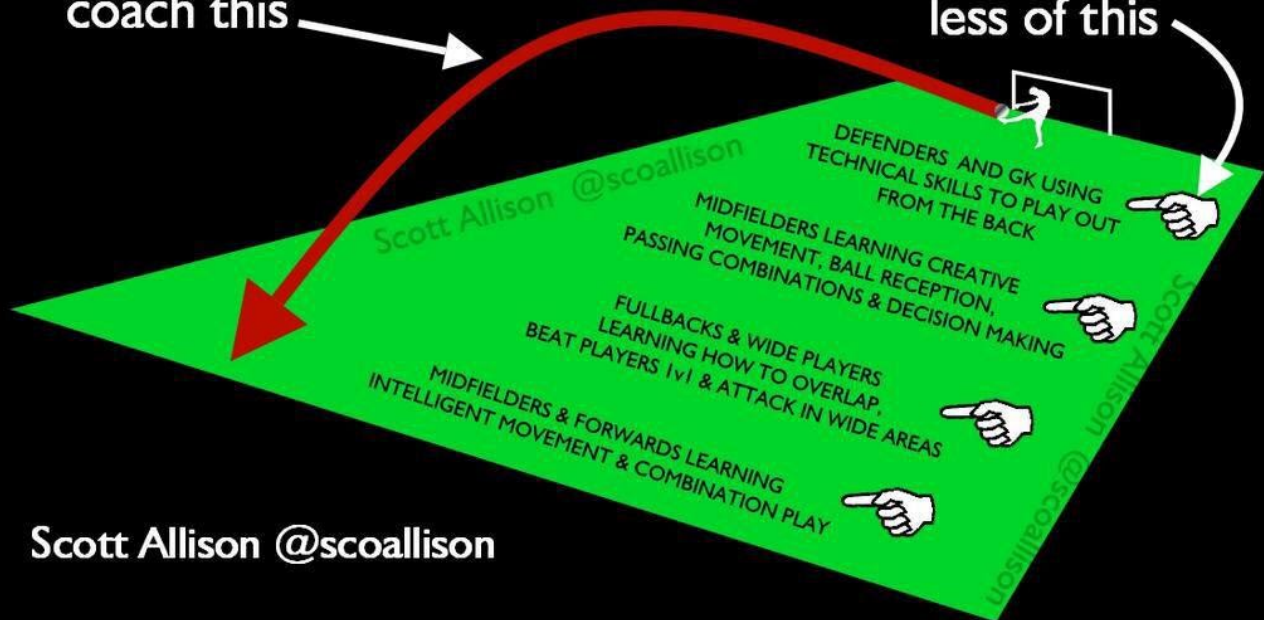
<http://www.ffacoachingresource.com.au/the-building-blocks/the-performance-phase/session-listing/>



## IN DEVELOPMENTAL FOOTBALL:

The more you coach this

Your players get less of this



### Codes of Conduct

**Capalaba Football Club** has a mission to provide a welcoming, safe and supportive environment to all its and members and visitors. Its members are held to the highest standards of behaviour which is inclusive but not limited to the following Codes of Conduct.

#### Players

##### AS A PLAYER FOR CAPALABA FOOTBALL CLUB, I WILL

- Always play to the best of my ability
- Play fairly – I won't cheat, complain or waste time
- Respect my team-mates, the other team, the referee and my coach
- Play by the rules, as directed by the referee
- Shake hands with the other team and referee at the end of the game, no matter what the result
- Listen and respond to what my coach tells me
- If I am unhappy, then talk to someone I trust to bring it to the attention of the Club



**I UNDERSTAND THAT IF I DO NOT FOLLOW THE CODE, ANY/ALL OF THE FOLLOWING ACTIONS MAY BE TAKEN BY MY CLUB. I MAY:**

- **Be required to apologise to my team-mates, the other team and the referee**
- **Receive a formal warning from the coach or the club committee**
- **Be dropped or substituted**
- **Be suspended from training**
- **Be required to leave the club**

**Parents**

Parents and carers have a responsibility to support your child's football activities in a positive way on and off the field. This includes being a role model and encouraging good behaviour in not only your own child but also their team mates, coach, manager and other spectators.

Supporting your child and their team is natural, but it needs to be done in a positive and supportive way in a harassment-free environment.

**AS A PARENT, I WILL:**

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example. Appreciate good performance and skillful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

**I UNDERSTAND THAT IF I DO NOT FOLLOW THE CODE, ANY/ALL OF THE FOLLOWING ACTIONS MAY BE TAKEN BY MY CLUB. I MAY:**

- Be required to apologise to other parents, the other team and the referee
- Receive a formal warning from the club committee
- Be suspended from attending matches
- My child's registration may be cancelled

## Coaches

The coaches of **Capalaba Football Club** have a responsibility to showcase the Club, its players and the football programme, and are held to the highest standards of behaviour. The following rules must be adhered to at all times:

- I will respect the rights, dignity and worth of all players and ensure that everyone is treated equally.
- I will ensure that the players are involved in a positive environment, and that the game and training is a positive and enjoyable experience.
- I will respect all player's individuality and help them reach their own full potential.
- I will be fair, considerate and honest with all players.
- I will be professional and accept responsibility for my actions and encourage players to demonstrate the same qualities.
- I will make a commitment to my team, and myself that I will continue to improve my own knowledge of the game through coach education and various training programs.
- I will coach my player's to play within the rules and in the spirit of the game of football.
- I will avoid any physical contact with the players and should it be required it would be appropriate to the situation and necessary for the player's skill development.
- I will refrain from any form of personal abuse towards my players. Also be aware to any form's of abuse directed towards my players from other sources whilst they are in my care.
- I will refrain from any form of harassment towards my players.
- I will provide a safe environment for training and competition, by ensuring the equipment and facilities meet safety standards.
- I will show concern and caution towards sick and injured players and allow for further participation in training and competition only when appropriate.
- I will not engage in the use of crude, foul or abusive language that may be determined offensive or engage in any conduct detrimental to the image of the game when on or off the field.
- I will refrain from arguing with the referee and / or assistant referees regarding decisions they make.
- I will treat participants, officials and spectators with courtesy and respect.
- I will always encourage my team to play within the laws of the game.
- I will not consent to the use of any banned substance or drugs of dependence by my players.
- I will act in a responsible manner and accept responsibility for my actions.



## **Managers**

Show respect to others involved in the game including match officials, opposition players, coaches, managers, officials and spectators.

- Adhere to the laws and spirit of the game
- Promote Fair Play and high standards of behaviour
- Always respect the match official's decision
- Never enter the field of play without the referee's permission
- Never engage in public criticism of the match officials
- Never engage in, or tolerate, offensive, insulting or abusive language or behaviour
- Place the well-being, safety and enjoyment of each player above everything, including winning
- Ensure all parents/carers of all players under the age of 18 understand these expectations
- Never engage in or tolerate any form of bullying
- Develop mutual trust and respect with every player to build their self-esteem
- Encourage each player to accept responsibility for their own behaviour and performance
- Ensure all activities are appropriate for the players' ability level, age and maturity
- Co-operate fully with others in football (e.g. officials, doctors, physiotherapists, welfare officers) for each player's best interests.

**I UNDERSTAND THAT IF I DO NOT FOLLOW THE CODE, ANY/ALL OF THE FOLLOWING ACTIONS MAY BE TAKEN BY MY CLUB;**

- Required to meet with the Club Committee
- Suspended by the club from attending matches
- Required to leave or be sacked by the club

## **Spectators**

**Capalaba Football Club** is supporting The FFA's Respect programme to ensure football can be enjoyed in a safe, positive environment. Remember children's football is a time for them to develop their technical, physical, tactical and social skills.

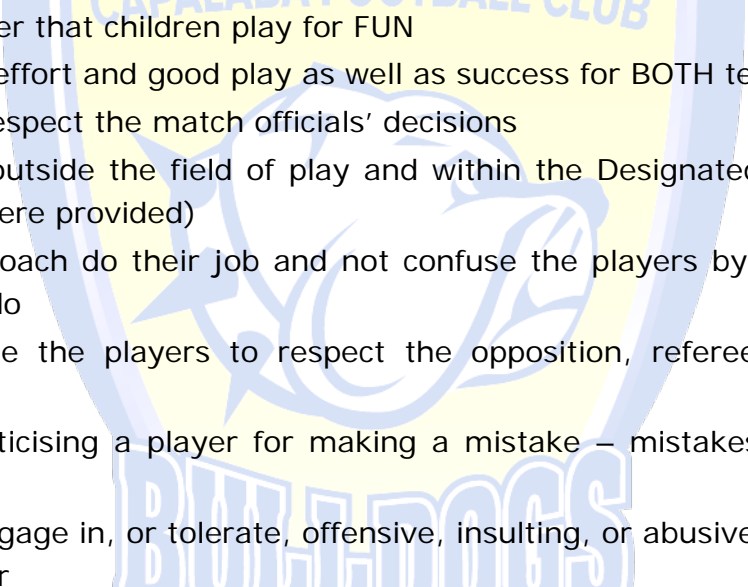
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*Winning isn't everything!*

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Play your part and observe The FFA's Code of Conduct for spectators and parents/carers at all times.

### **I will:**

- 
- Remember that children play for FUN
  - Applaud effort and good play as well as success for BOTH teams
  - Always respect the match officials' decisions
  - Remain outside the field of play and within the Designated Spectators' Area (where provided)
  - Let the coach do their job and not confuse the players by telling them what to do
  - Encourage the players to respect the opposition, referee and match officials
  - Avoid criticising a player for making a mistake – mistakes are part of learning
  - Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour

**I UNDERSTAND THAT IF I DO NOT FOLLOW THE CODE, ANY/ALL OF THE FOLLOWING ACTIONS MAYBE TAKEN BY MY CLUB:**

- Issued with a verbal warning from a club official
- Required to meet with the club committee
- Obligated to leave the match venue by the club
- Requested by the club not to attend future games
- Suspended or have my club membership removed
- Required to leave the club along with any dependents

Everyone has a responsibility to ensure that **Capalaba Football Club** is a safe, supportive and welcoming venue. Everyone must understand that if these Codes of Conduct are breached, then there will be a consequence.

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*'Something is not right if you find yourself  
Getting angry  
Shouting at the referee  
Grouping together with other parents getting angry, making lots of  
sarcastic comments aimed at the opposition parents, coach, or players.*

*If you find yourself doing any of these things, then pull your head in.  
Believe it or not, your children don't like seeing their dad [or mum] in  
public getting angry.'*

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**- John Dybvig, Sunday Star Times,**

## **Expectations and Standards**

### **PLAYERS**

#### **Training**

- Always turn up to training
- Advise coach prior to training commencement if not able to attend and why or if going to be late.
- Turn up to training at least 15 mins prior to commencing time.
- Be ready to commence training promptly at commencement time.
- Players to commence Warm Up routine prior to coach involvement at commencement time for Training.
- If the team is allocated a full training kit, then this must be worn to training at ALL times. No substitutions are allowed.
- Shin pads and boots are required at all training sessions.
- Players must bring water to training.
- Listen to Coaches instructions at all times.
- No talking while coach is talking/demonstrating.
- Poor behaviour will not be tolerated.
- Try your hardest and be prepared to make mistakes.
- Players to assist coach in packing up training equipment.
- At conclusion of training players to shake coaches hand.

## Match Day

- Always turn up to games 1 hour before kick off time
- Advise coach prior to game day if you are not able to attend and why or if going to be late.
- Full Dress Kit must be worn to all Games U12 to U16 – Club Polo Shirt, Black trousers (no Jeans), Black Socks and black leather shoes plus Club jacket (in winter)
- Player must bring water to each game.
- Players are to announce themselves to the coach upon arrival.
- Players are to focus on the game once in dressing room and adhere to the coaches' match day protocol
- Give maximum effort during the game and listen only to the Coach.
- Play wholly within the rules and with maximum fairness.
- At the conclusion of the game immediately shake the hands of ALL opposing players.
- As a group gather and go to both sets of supporters and clap their support in appreciation for them watching your game.
- Assemble as a group prior to leaving field for coach's comments on the game.
- As a team exit the field of play and proceed to dressing rooms.
- Change into dress kit for travel home
- Shake coach and manager's hand prior to leaving
- On the trip home think about; What did you do well? What can you do differently?

## At Home

- Physically prepare your body for training and games. Bodyweight exercises, pilates or yoga are ideal preparation
- Follow a nutrition and hydration plan suitable to you - see later examples
- Pack your bag yourself and ensure you have the right equipment
- Get plenty of sleep as the body needs sleep to repair itself

## COACHES

Coaches and parents are responsible to ensure that the players adhere to these standards

### Training

- Have training session pre-prepared based on the 6 Week Cycle coaching plan.
- Wear only allocated training Kit at all times
- Turn up to organise session no later than 15 minutes prior to commencement time.
- Be ready to start right on commencement time.
- Provide feedback to each player at first weekly training session to each player about their performance at the previous game;
- What could the player do differently?
- What did the player do well?
- Be enthusiastic
- Stress the strengths of development as apposed to winning.
- Provide feedback at all times – be constructive with criticism.
- Above all else make training enjoyable. Players will learn more in a **FUN** environment.
- Allocate time during the program to provide regular one on one feedback to every player.
- Be prepared to discuss the players/team with other coaches to assist with development
- Attend all coaching development sessions organised.
- Attend Coaching meetings as prescribed by Football Coordinator
- Be prepared to talk to players who approach before/after training. If unable to do so, book a time for before/after training that the player can come and see you.
- Shake all players' hands at conclusion of training session.
- Provide any instructions about at home activities prior to players leaving the training area. Give them homework

## Match Day

- Always turn up to games at least 1 hour before kick off time
- Full Dress Kit must be worn to all Games Club Polo Shirt, Black Trousers, Black Socks, Black leather shoes.
- Adhere to player standards on lateness (unless approved prior by yourself)
- Have the Manager to record match stats as required.
- Write your coaching points down. Address them at half time/next training session
- Do not shout out abuse at any time during the game.
- Do not query a Referees decision. (They are right when they are right and right when they are wrong) Always a good idea to check with the Assistant Referee about his/her interpretation of a decision.
- Immediately at the conclusion of the game go over to opposition coaching staff and thank them for the game.
- Be prepared to provide feedback to the team after their warm down. No longer than five minutes, focus on the positives, anything else can wait until next training session
- Do not discuss individual players at length after a game – keep comments for first training session.
- Take time to reflect on the game and prepare feedback for every player at the first training session.
- Provide match performance scores on every player.
- Coaches are to avoid conflict situations with parents by deflecting criticisms to the Football Co-ordinator or Committee.
- Don't discuss the team or individual performance immediately after the match with parents, defer them until the next training session



## **TEAM MANAGER**

The Role of the Team Manager is to ensure the successful management of the team and welfare of the players in their care, whilst making sure that all off field matters are dealt with efficiently and timely. Provide support to the coach and any support staff.

- Liaise with all team members, parents, coaches and officials to ensure all are informed of training, competition and club functions.
- Attend to administration matters as directed by the Club Secretary.
- Liaise with the players, coaches, Football Coordinator and the General Committee, acting as a liaison officer between the club and the team.
- Document any problems that arise between team members, parents, coaches and supporters and present these to the Football Coordinator.
- Maintain a register of attendance of players at training and games.
- Maintain the playing time, goal scoring and disciplinary card statistics for the team
- Coordinate return of equipment to appropriate storage area after training and matches.
- Coordinate submission of team sheets and match reports to secretary after both home and away matches.
- Ensure all players pay their referee fees and other required payments on time.
- Determine weekly awards with appropriate coaches and support staff.

## **PARENTS**

The role of a parent is to get the player to and from training and the game and to enjoy the game being played

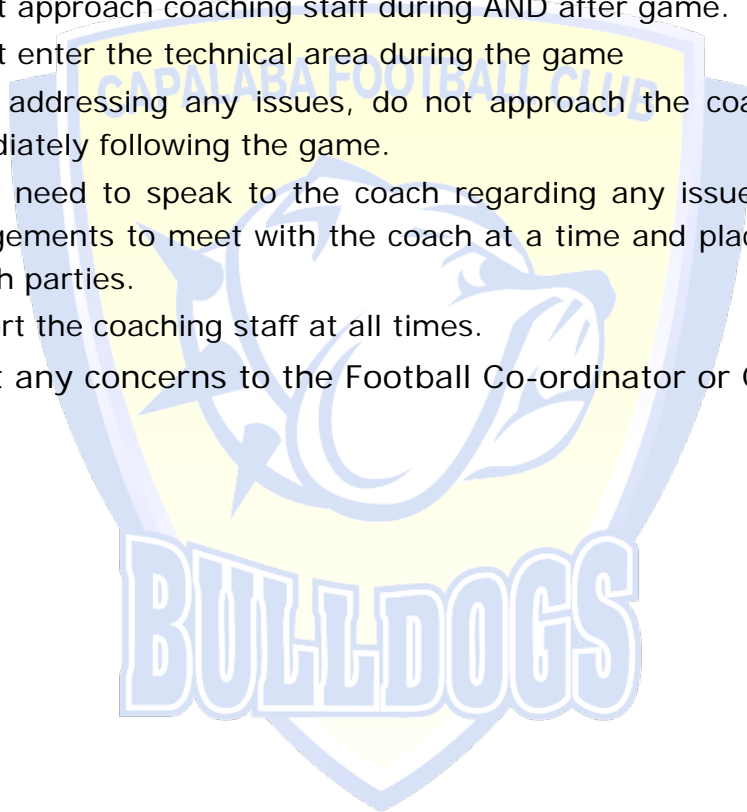
**If you have a problem with the coaching of your child make arrangements to see the Football Coordinator**

## **Training**

- Allow/Encourage players to prepare themselves for training.
- Have the players at training on time.
- Do not interfere in training session at any time.
- Make prior arrangements if player has to leave training area for any reason.
- Do not issue instructions from the side line

## Match Day

- Allow/Encourage players to prepare themselves for the games.
- Do not give any instructions on how you want them to play prior to the game.
- Make prior arrangements if player will be absent, late or needs to leave early.
- Do not instruct players at any time from sidelines.
- Only provide positive comments at any time.
- Winning is not the total aim. Your disappointment in not winning sends the wrong message.
- Do not approach coaching staff during AND after game.
- Do not enter the technical area during the game
- When addressing any issues, do not approach the coach before or immediately following the game.
- If you need to speak to the coach regarding any issues then make arrangements to meet with the coach at a time and place convenient to both parties.
- Support the coaching staff at all times.
- Direct any concerns to the Football Co-ordinator or Committee



# 10 TIPS FOR SPORT PARENTS

## TOP 10 TIPS

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- #1** **FOCUS ON THE PROCESS NOT THE RESULT**
  - #2** **AVOID PRESSURING A CHILD ABOUT WINNING OR LOSING**
  - #3** **HELP YOUR CHILD TO SEPARATE SPORT FAILURE FROM PERSONAL FAILURE**
  - #4** **GIVE YOUR CHILD FREEDOM TO PROBLEM SOLVE AND MAKE THEIR OWN DECISIONS**
  - #5** **ENCOURAGE, ENCOURAGE, ENCOURAGE**
  - #6** **ALLOW YOUR CHILD TO PLAY FOR HIMSELF OR HERSELF**
  - #7** **ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY FOR THEIR DECISIONS**
  - #8** **WATCH WHAT YOU SAY TO YOUR CHILD**
  - #9** **RESPECT AND DO NOT INTERFERE WITH THE COACH**
  - #10** **DO NOT CONSTANTLY INSTRUCT DURING TRAINING AND GAMES**
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# FOOD FOR THE FOOTBALLER

## WHY DO WE NEED GOOD NUTRITION?

- Reduce fatigue
- Reduce disease
- Proper growth
- Decrease risk of injury and deficiency
- Improve recovery
- Improve training and game day performance
- Brain power

## DIGESTION

### What you eat and when is important

- You only want a small amount of food in your stomach before your event

### Different foods have different digestion times

- Carbohydrates are easy to digest and take about 3-4 hours
- Fats and Proteins take around 7-8 hours
- The size of the meal also affects digestion- the bigger the meal the longer it takes

### WHAT HAPPENS DURING DIGESTION?

- Blood supply is diverted to the gut to help digest the food
- During exercise blood is diverted away from the gut to the muscles bringing digestion to a stop
- So you need to think about the foods you are putting into your body before you play as your choice will affect your performance

### WHAT MAKES UP OUR FOOD?

- Protein
- Carbohydrates
- Fats
- Macronutrients

## PROTEIN

- Builds and repairs muscle, hair, skin and hormones
- Can be turned into glucose and used for energy- not the most efficient way
- Found in meat, fish, poultry, dairy, eggs, beans, nuts, seeds

## CARBOHYDRATES(carbs)

- Primary fuel source
- Glucose- most readily available energy source

Best sources are wholegrains, vegetables, fruit, milk, low fat yoghurts

**Studies show that footballers that don't eat enough carbs before their game are:**

- Slower
- Cover less ground
- Do less sprint work
- Experience a drop in skills and make poorer on field decisions

**Players should look to eat approx. 5-6 grams of carbs per kg of body weight per day when in season**

## **FAT**

- Needed to absorb vitamins A,D,E and K
- Provides us with essential fatty acids
- Protects organs
- Is also a fuel source
- Best sources are lean meat, fish, nuts, seeds, poultry, and dairy

## **Foods heavy in Fats to Avoid**

- Chips,
- Cakes
- Fried foods
- Takeaways
- Lollies/Candy/sweets
- Chocolate

## **Micronutrients - some of the main requirements needed in a healthy diet**

**Calcium** - required for bone health, and aids in muscle contraction

- Best sources, milk, cheese, yoghurt, spinach, broccoli, nuts and seeds

**Vitamin D** - vital for bone health, calcium absorption and a healthy immune system

- Best source, milk and sunshine

**Iron** - helps deliver oxygen to muscles and tissues, supports growth, increases lean muscle mass

- Best sources red meat, oysters, mussels, eggs, silverbeet, cashew nuts

**Magnesium** - aids muscle relaxation and stress relief

- Best sources. leafy green vegetables, whole grains, nuts and seeds

## **HYDRATION**

Being hydrated:

- Helps regulate body temperature
- Replaces sweat loss
- Helps provide energy

Being dehydrated:

- Decreases performance
- Increases risk of heat stroke and exhaustion



## **FLUID INTAKE BEFORE, DURING AND AFTER THE GAME**

- Have 400- 600 ml in the 2-3 hours before the game
- 200-400ml 15 minutes before the game or exercise- this is because there is a delay between drinking and absorbing of 10-20 minutes
- 150-200 ml every 20 minutes during the game
- If you are exercising for less than an hour, then water is sufficient
- More than an hour of exercise a sports drink is a good option
- After exercise 1-1.5 litres within the hour to rehydrate- a combination of sports drink and water

## **PRE GAME/TRAINING FOODS**

General Guidelines:

- Eat a bigger meal 3-4 hours before your game/training to allow for proper digestion. This decreases the risk of gut upset
- Include carbs, protein and some good fats
- Limit high fibre foods and high fat foods as these stay in the gut longer and will make you sluggish and slow and can reduce your performance

### **Poor choices**

Choosing heavy or fatty foods can give you or make you:

- Nauseous
- Intestinal cramping
- Burping
- Decreased blood sugar levels which affect fatigue
- Diarrhea
- Dehydration

### **Good choices**

- Chicken/ham/turkey roll with salad
- Pasta with tomato sauce
- Pancakes with banana and a small drizzle of honey
- Small baked potato with mince
- Skim milk smoothie

### **Pre-Game Snack**

**Choose foods higher in Carbohydrates 1-2 hours before. Examples:**

- Fruit, smoothie
- Cereal with milk,
- Muesli bar
- Hot cross bun
- English muffin with honey or jam
- Rice cakes with honey

*Avoid: spicy foods, onions, cabbage, broccoli and beans as they can cause gastric upset before a game and impact on your performance*



## **EATING TO RECOVER**

Refuelling begins within 30 minutes of completion of exercise. This refills the glycogen stores and helps with muscle recovery. It helps the immune system cope with the demands of the game. Choose foods with a combination of protein and carbohydrates- these combinations have a good mix of CHO and protein:

- Peanut butter roll with a juice
- Egg on english muffin
- Chicken wrap with a sports drink
- Sustagen drink with a piece of fruit
- 220g baked beans on 2 slices of toast
- 1 bread roll with cheese/meat filling + large banana
- 300g (bowl) fruit salad with 200g fruit-flavoured yoghurt
- 2 crumpets with thick spread peanut butter + 250ml glass of milk- with milo or equivalent
- 300g (large) baked potato + cottage cheese filling + glass of milk

## **THINGS TO REMEMBER!**

- Don't eat a big meal before you train or play
- Don't trial a new food on game day- nutrition is also training and should be practised prior to your match
- Half time is time to refuel with a sports drink and water- don't over do it so you slush
- You can have a couple of jelly beans if you wish but the jury is out as to whether this will impact or not- your nutrition needs to be sorted before you take the field not dealt with on the run
- You can't out play a bad diet- your diet is as important as training – **SOCCEROOS ARE MADE IN THE KITCHEN**
- Your diet needs to be able to sustain you for the week not just the day
- All foods are not created equal

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***Good food = Good training = GREAT GAME!***



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# MENTAL TOUGHNESS

Football teaches us self-discipline, motivational and organisational skills, and when more than 99 percent of the young players we coach won't ever play professionally, the least we can do is give them attributes to find abilities and strengths within their inner selves to adapt and evolve in order to be successful in the real world away from football.

It is essential that we promote the use of mental toughness within football. Mental toughness is an important concept that coaches and players should engage during training and matches. Enhanced mental toughness increases the chance of consistent success.

- Mental toughness is an important attribute that can lead to successful performance.
- Mental toughness can be utilised at all levels of performance and is not solely for elite performers.
- Mental toughness can be trained through continuous practice and should form part of all programme routines.
- It is imperative that strategies should be incorporated to enhance mental toughness and reflective practice should provide unique opportunities to further enhance mental toughness.
- The information below should allow players to maintain balance and control within the mind. These strategies will support both physiological and mental states.

<p>The following info is adapted from Carol Dweck, World-renowned Stanford University psychologist's theory on changing our mindset.</p>	<h2>Growth Mindset</h2>  <p>I believe that my character, personality and intelligence can be developed. My true potential is unknown.</p>	<h2>Fixed Mindset</h2>  <p>I believe that my character, personality, potential and intelligence are carved in stone and determined at birth.</p>
<b>Desire</b>	to push myself, take risks and constantly learn new things. I enjoy a challenge.	to look smart in every situation and to prove myself again and again. I must never fail.
<b>Evaluation of situations</b>	"Will it allow me to grow?" "Will it help me to overcome challenges?"	"Will I succeed at it or fail?" "Will it make me look intelligent or stupid?"
<b>Attitude to setbacks</b>	"I failed. I'll learn from it and move on." "I'll try harder next time."	"I'm a failure." "I knew I'd fail, I'm an idiot."
<b>Attitude to challenges</b>	I embrace challenges and persist when things get tough.	I avoid challenges. I get defensive and give up easily.
<b>Effort</b>	I believe that personal growth and learning require effort.	Why bother with effort? It's not going to change a thing.
<b>Criticism</b>	I try to learn from criticism. "What can I do to improve?"	I ignore criticism. I do things my way.
<b>The success of others</b>	I find lessons and inspiration in other people's successes.	I feel threatened by the successes of others. If they succeed, I fail.
<b>Result...</b>	They achieve ever-higher levels of success.	They plateau early, and never reach their full potential.

## TRAINING A GROWTH MINDSET IN FOOTBALL

1. Commit to do everything possible to achieve personal excellence as a player - **to be the best you can be.**
2. Set yourself goals that you would like to achieve during the season and also have long term goals that inspire you. Make a vision board with pictures that represent your goals, and words and images that inspire you. Look at this everyday - imagine achieving your goals - work out a plan as to how you will achieve it - step by step - then take action!
3. Set yourself goals for every training session and every game. **What do you want achieve?** Goals focus the mind and create motivation leading to improved performance.
4. Focus on the process(actions), not the outcome(result). **HOW** will you achieve your goal? **WHAT** will you do? **HOW** will your attitude be?
5. **Visualize success!** Mentally rehearse playing well before the game. Relax and imagine yourself achieving the game goals, playing well, perfectly, make everything as real as possible.
6. **Be positive and believe in yourself.** Talk to yourself positively. Negative self-talk makes you weaker. Focus on what you can do and what you will do. **Think 'I can do this'**. Build your confidence by noticing what you are doing well.
7. Concentrate. Know what to focus on and when in the game. Think of things that could distract you and plan how you will refocus if this happens. **Stay in the present - the NOW.**
8. Control the controllable. Know what you can control and what you can't control. Put your energy and effort into the things you can control - **your attitude, your actions, your thoughts, your feelings, your behaviour.**
9. Manage your feelings. Create the feelings you want using body language, thoughts and what you want to focus on. If you want to feel a certain way, **'ACT AS IF'** you already have that feeling.
10. At the end of a game or training, notice **what you did well, what was tricky, what you would do differently, and how you will use that information in training and in future games, to make you a better player.**