

Adare United Academy Procedures, Code of Practice and Conduct



Player Code of Conduct

We all have a responsibility to promote high standards of behaviour in the game.

All club members have a big part to play, that is why Adare United is asking every player, coach and parent/guardian to follow a code of conduct.

Young Players

On and off the field I will:

- Have fun
- Play to the best of my abilities
- RESPECT my team mates, other teams, referees and my coaches
- Play fairly - I won't cheat, complain or waste time
- Be generous when I win and gracious when I lose
- Shake hands with the other team and referee at the end of every game
- Never engage in bullying or intimidation
- Never engage in abusive or insulting language or behaviour to my team mates, opposition players, coaches, managers, referees or spectators.
- Play by the rules as directed by the referee
- Listen and respond to what my coach/manager tells me
- Accept the decisions of officials and coaches though I may not always agree with them
- Talking back to coaches and officials is unacceptable
- Care for and respect the facilities and equipment made available to me during training and competition.

I understand that if I do not follow the Code of conduct any/all of the following actions may be taken by my club, League or Association

I may:

- Be required to apologise to my teammates, the other team, referee or team manager.
- Receive a formal warning from my coach or the club committee
- Be dropped or substituted
- Be suspended from training or matches
- Be required to leave the club

Signed (Player) _____

Signed (Parent/Guardian) _____ Date: _____

Parents code of Conduct

I will:

- Remember that children play for FUN
- Applaud effort and good play as well as success
- Always respect the match officials decisions
- Remain outside the field of play and within the designated spectators area (where provided)
- Teach my child that doing one's best is more important than winning and I will encourage and praise competing fairly and trying hard
- Encourage my child/ children to respect the opposition, referee and match officials
- Avoid criticising a player for making a mistake - mistakes are part of learning
- Teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence
- Let the coach do their job and not confuse the players by telling them what to do
- NEVER engage in, or tolerate offensive, insulting or abusive language or behaviour
- Ensure my child arrives on time and correctly attired for training and matches
- Pay all required subscriptions on time
- Accept all final decisions made by the club

Coaches code of Conduct

- It is the aim of the managers/coaches to promote the highest standards to their players in training and on match days.
- Managers/coaches will show respect for all players and officials and lead by example
- Be fully prepared for coaching sessions and matches
- Ensure a safe environment for learning and development
- Managers/coaches will keep themselves up to date with new ideas on coaching and development
- Encourage each player in terms of self-discipline, good behavior and punctuality
- Be self critical and not afraid to seek assistance
- Be familiar with the FAI child protection guidelines
- Ensure that all players are aware that all forms of bullying will not be tolerated
- Be generous with praise when it is deserved
- Always display high standards of behaviour and appearance
- Promote sportsmanship and fair play at all times, also ensuring that players shake hands with their opponents and the referee.

Coaching

One of the biggest resources required to run a successful club are committed volunteer coaches. Often this role is fulfilled by parents and we welcome and encourage any parent who wishes to become involved in coaching. All coaches must be garda vetted and will be encouraged and supported to upskill through various FAI coaching qualifications. It is not necessary to have played the game to coach and if you only want to assist rather than lead, there's a role for everyone.

Coaching Structure

It is important to recognise that children develop at different rates so in training and matches the players will sometimes be playing with some older or younger peers.

The following are appropriate development milestones which the club will be striving towards

6 yrs old (non competitive)

Be proficient at dribbling the ball and changing direction with the ball. Learn to kick the ball with the "lace" part of the boot. Learn to make decisions in game situations. Play 1 v 1 and 2 v 2 games to foster confidence. Begin to understand team positions and shape.

7 yrs old (non competitive)

Performing all the basics with confidence, dribbling , passing and shooting - and making decisions as to when each skill is appropriate in a game context. Know their position in a team shape.

Early stage	Technical	Tactical	Physical	Mental
Early (6-8 years)	Ball Mastery Both feet Inside/outside foot Turns Feints Running with ball Passing Shooting Receiving	Combine skills 1 v 1 2 v 2 3 v 3 4 v 4	ABCs fundamental skills Basic speed Flexibility	Enjoyment

Under 8s and under 9s (non competitive)

At this stage we would look to perfect skills learned previously. While perfecting these skills and performing all the basics with confidence - dribbling, ball control, passing and shooting the players will be made aware of team shape and the relevant positions.

Under 10s (non competitive)

At this stage more emphasis will be put on defending, teamwork and awareness on the pitch. From under 11 players will progress into a competitive 7 a side competition.

Learning stage	Technical	Tactical	Physical	Mental
Learning 9-11 yrs	Ball mastery Quick turns Receiving on the move Receive to turn Passing on the move Movement to receive Defending technique	Combine skills Aware of space Small groups Possession 2 v 1 2 v 2 3 v 3 3 v 2 2 v 2 defending 4 v 4 5 v 5 7 v 7	Speed Develop ABCs Flexibility	Enjoyment Confidence Concentration