



JETS JUNIORS PLAYER DEVELOPMENT AND TRAINING GUIDELINES

Junior Development and Training

Under 8s - 10s Development:

The majority of players in the Under 8s - 10s are still in the early stage of learning what many would consider to be the basic skills.

In these age groups the emphasis is placed on participation and enjoyment.

Development goals would focus on the following:

- kicking, marking, handball (plus tackling as permitted)
- positions and positional awareness/play
- following team rules (discipline, team play, fair play)

An additional goal is the nurturing of physical and emotional development and wellbeing.

The Club will provide equality of opportunities to players in the Under 8s - 10s. Players should be provided equal game time as practical each week. Similarly players should be provided with the opportunity to play in all positions, although this may need to be averaged out over several weeks.

Under 8s - 10s Training:

The Under 8s - 10s will have access to training one night a week. Coaches are to advise the location, timing and duration of training. Players are encouraged to attend training and to participate in a cooperative manner. Nonattendance at training shall not affect a player's selection or game time. Players are encouraged to wear helmets at training. Mouthguards are mandatory for training and games.

Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions, as per related Extreme Weather Policy.

The Club does not provide first aid officers at training, however club/coaches are to ensure access to basic first aid/trainer equipment is available for all training sessions. A parent/guardian is responsible for their child and is encouraged to remain at training and to assist coaches with training.

Under 11s and 12s Development:

Some players in the Under 11s and 12s have developed good skills and are able to perform at a faster pace, which places them at a more competitive level in a match situation. However, some players are still in the early stages of understanding the game and developing their skills. In many ways this is a transitional period as the players progress into a more competitive environment.

In these age groups a key emphasis is placed on participation and enjoyment. Additional focus is placed on skill development and teamwork supplemented through set plays and positioning.

The club will strive to provide equal opportunities to players in the Under 11s and

12s. Players are to be provided equal game time each week, as deemed practical. While some players at this age become naturally suited to set positions, the club will provide opportunities for players to try various positions where practical.

Under 11s and 12s Training:

The Under 11s and 12s will have access to at least one training session a week. Additional sessions will be offered to the playing group where possible. The coaches will advise the location, timing and duration of training.

Players are encouraged to attend training and to participate in a cooperative manner. Non-attendance at training shall not affect a player's selection or game time. However, a player who does not regularly attend training, without prior arrangement with the coach, and whereby the coaches determine that the player's failure to regularly attend training could negatively affect his/her skill development and the ability to effectively compete at a higher level, may have their game time affected.

Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions, as per related Extreme Weather Policy.

The Club does not provide first aid officers at training, however club/coaches are to ensure access to basic first aid/trainer equipment is available for all training sessions. A parent/guardian is responsible for their child and is encouraged to remain at training and to assist coaches with training.

Under 13s – 15s Development:

Many players in the Under 13s, U14s and 15s have developed good skills with some even playing representative football while others are still developing.

This can be a difficult time as players mature at different rates: individual players can grow rapidly leading to significant differences in size, ability, confidence and maturity. In these age groups there is still an emphasis on participation and enjoyment but with an increasing focus on development as the players mature.

The club will strive to provide equal opportunities to players in the Under 13s – 15s. Players are still encouraged to try various positions while recognising that this is a time when players can begin to specialise as they develop and mature.

Under 16s-18s Development:

Under 16s-18s is a watershed period: some players have developed very good skills and are aspiring to play senior football, however the Jets Juniors recognises that this may not be an aspiration for all players.

The Jets Juniors will assist all players, regardless of skills and ability, to develop to the best of their own abilities. Some additional development opportunities may be offered at this age group.

Under 13s-18s Training:

The Under 13s – 15s will provide the opportunity to train at least once per week. A second night of training may be offered, depending on the coach and player availability. The coaches will advise the location, timing and duration of training.

Players are encouraged to attend training and to participate in a cooperative manner. Occasional non-attendance at training shall not affect a player's selection or game time. However, a player who regularly does not attend training, without prior arrangement with the coach, and whereby the coaches believe that the player's failure to regularly attend training could prejudice his/hers skill development and the

ability to effectively compete at a higher level, may have their game time affected.

Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions, as per related Extreme Weather Policy.

The Club does not provide first aid officers at training, however club/coaches are to ensure access to basic first aid/trainer equipment is available for all training sessions. A parent/guardian is responsible for their child and is encouraged to remain at training and to assist coaches with training.

Game Time

U8-10s Game Time:

Subject to injury or extenuating circumstances, each player selected to play on game day will play a minimum of $\frac{3}{4}$ of a game or equivalent.

No one player is to play a full game until all other players have had the opportunity to play $\frac{3}{4}$ of a game or equivalent.

U11-12s Game Time:

Subject to injury or extenuating circumstances, each player selected to play on game day will play a minimum of $\frac{3}{4}$ of a game or equivalent.

No one player is to play a full game until all other players have had the opportunity to play $\frac{3}{4}$ of a game or equivalent.

U13-15s Game Time:

Subject to injury or extenuating circumstances, each player selected to play on game day will play a minimum of $\frac{3}{4}$ of a game or equivalent.

Coaches may, however, apply reasonable discretion to the selection of players and the amount of game time they play in any particular week having regard to:

- the preparation of the player (incl. attendance and commitment at training)
- the performance of the player (incl. commitment to the game)
- the calibre of the opposition
- the safety of the player concerned
- the status of the game

In the circumstance where a player may not play $\frac{3}{4}$ of a game, the coach will communicate the rationale with the player as best as possible.

U16s-18s Game Time:

Subject to injury or extenuating circumstances, each player selected to play on game day will play a minimum of $\frac{1}{2}$ of a game or equivalent.

Coaches may, however, apply reasonable discretion to the selection of players and the amount of game time they play in any particular week having regard to:

- the preparation of the player (incl. attendance and commitment at training)
- the performance of the player (incl. commitment to the game)
- the calibre of the opposition
- the safety of the player concerned
- the status of the game

In the circumstance where a player may not play $\frac{1}{2}$ a game, the coach will communicate the rationale with the player as best as possible.

Finals Game Time:

Subject to injury or extenuating circumstances, each registered player (up to the EFNL stipulated maximum number of players) will play a minimum of ½ of a game or equivalent for all finals.

Finals:

Where a team plays in two or more finals, then every player on the list must be selected in at least one of the first two finals.

Where a team is not guaranteed to play more than one final then team selection is at the discretion of the coaching staff. It is expected that a fair and reasonable selection process will be undertaken should the team continue to progress.

Records:

Team Officials will try as best as possible to keep a record of:

- player availability each week; and
- the amount of game time a player receives each week.

Effective Date

These guidelines are effective from 2025 and is to be reviewed every 3 years unless a significant event or legislation requires a sooner review.