



## PLAYER POSITIONAL ROTATIONS GUIDELINES

The philosophy of the Jets Juniors Football Club is that all players deserve the opportunity to experience playing in a variety of positions throughout their football development. Coaches at all age groups are encouraged to play players in a variety of positions throughout the season, and in so doing teach them the various positional requirements, disciplines and versatility required to play the game. To support coaches in this aim the following *guidelines* have been developed for the various stages of player development and age groups:

### Stage 1: Fundamental Stage (Under 8's, Under 9's and Under 10's)

At this stage of development and within these age groups the key consideration for the Jets Juniors is “**positional area rotations**”.

1. In each game all players should be given the opportunity to play in each “positional area” of the ground:
  - Backline
  - Centres/On-Ball
  - Forward line
  - Interchange
2. An approximate equal amount of game time should be spent in each positional area of the ground. This can be easily achieved by rotating players each quarter through each positional area (e.g. an individual players can spend the 1<sup>st</sup> Quarter in the backline, the 2<sup>nd</sup> Quarter on ball, the 3<sup>rd</sup> Quarter in the forward line and the 4<sup>th</sup> Quarter on the interchange)

### Stage 2: Modelling Stage (Under 11's; Under 12's and Under 13's)

At this stage of development and within these age groups the key consideration for the Jets Juniors is “**positional line rotations**”.

1. In each game all players should be given the opportunity to play across a variety of “positional lines”. It is recommended that players experience playing across 2 or 3 “positional lines” per game and that across the course of the season they experience playing across all “positional lines”:
  - Full Back line
  - Half Back line
  - Centre Line/On-Ball
  - Half Forward line
  - Full Forward Line
  - Interchange

2. Wherever possible, players should not play across the same “positional line” for more than 60% (approximately) of any one game and no more than 40% (approximately) of total season game time should be spent across any one “positional line”. This can be achieved by rotating players between “positional lines” at least twice per game and by having no player spend more than 4 or 5 games in the season across any one “positional line”

### **Stage 3: Establishment Stage (Under 14's and Under 15's)**

At this stage of development and within these age groups the key consideration for the Jets Juniors is **“positional responsibilities”**.

1. All players should be given the opportunity to play in a variety of positions best suited to their current physical capacities, individual skill level and development needs, but also taking into account the team requirement for competitiveness
2. Players should be encouraged to develop an awareness of the positional responsibilities associated with the 2 or 3 positions best suited to their current physical capacities, individual skill level and development needs

### **Stage 4: Specialising Stage (Under 17's and Under 19's):**

At this stage of development and within these age groups the key consideration for the Jets Juniors is **“positional specialisation”**.

1. All players should be given the opportunity to specialise in a variety of positions best suited to their current physical capacities, individual skill level and development needs, but also taking into account the team requirement for competitiveness
2. Players should be encouraged to develop a strong understanding of the positional responsibilities associated with the 2 or 3 positions best suited to their current physical capacities, individual skill level and development needs

### **Effective Date**

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