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Coach and Manager Bulletin

June 2024

Dear Coaches and Managers,

We hope your season is going well so far!

In case you haven't seen or heard, there is a great app out there to support coaches with coaching resources for training. It's called Coach Mate and is free to use thanks to the sponsorship of McDonalds.

The benefits of using CoachMate:

It offers a range of video activities

You can choose from a variety of video activities to keep your team engaged and learning.

You can schedule practice plans

You can add practice times and practice plans in advance using our user-friendly schedule for all of your teams. Filter practice plans and activities by level, focus area, or age and stage suitability.

It provides comprehensive activity information

Each activity includes all necessary information to get started, such as the aim, required equipment, setup diagrams, and progressions to adjust difficulty.

It offers skill development tracking

Ensure your players develop well-rounded skills throughout the season. CoachMate automatically adds and tracks focus areas from previous practices, allowing you to see which areas have been addressed and which need more attention. This helps ensure balanced progress in all skill areas, avoiding an overemphasis on any single focus area.

Also if you haven't already, please sign up for the JL1 Coaching Award which is being run at Birkenhead United Clubrooms on Monday. The link for this is below.

Thanks everyone!



NZF Junior Level 1 Coaching Award

**Venue: Birkenhead United AFC Clubrooms
Monday June 10th 2024 From: 6 - 9 pm**

This course is for people who are looking to improve their coaching and to develop their knowledge and understanding of how to work effectively with junior players aged 4-12 years. Looking at both the 'How' and 'What' of coaching junior footballers through an interactive and practical approach, as well as providing a comprehensive resource for coaches to take away and use with their players.

This course is essential for all volunteer coaches and those who do not have a JL1 valid in the last 24 months. Option available to all coaches and any parents who'd like to up-skill or gain some knowledge around coaching young players

Content covered:

- What is an effective coaching session?
- The qualities of a football coach working with junior players
- Meeting junior footballers needs

Note: Please bring along an electronic device and boots/gear for practical sessions.

Duration: 3 hours **Cost:** Free **Register Here:** [NRF JL1 Coaching Award](#)

Upcoming Football Festivals for U11-12 Grades

Northern Region Football is thrilled to announce the upcoming football festivals. These festivals promise to be a celebration of the beautiful game, bringing together teams from across Auckland for a series of exhilarating matches. The format is unique: games are 25 minutes long with no half time, ensuring a fast-paced and intense competition. You managers will be in touch closer to the time with your game times and venues. Click on the image below to take you through to the NRF Junior Fixtures Website.

	Northland	Auckland U9 & U10	Auckland U11	Auckland U12	Auckland U11/12 Girls
Apr-27		Round 1	Round 1	Round 1	Round 1
May-04	Festival	Round 2	Round 2	Round 2	Round 2
May-11	Round 1	Round 3	Round 3	Round 3	Round 3
May-18	Round 2	Round 4	Round 4	Round 4	Round 4
May-25	Round 3	Round 5	Round 5	Round 5	Round 5
Jun-01					
Jun-08	Round 4	Round 6	Round 6	Festival	Round 6
Jun-15	Round 5	Round 7	Round 7	Round 6	Festival
Jun-23	Round 6	Round 8	Festival	Round 7	Round 7
Jun-29		Round 9	Round 8	Round 8	Round 8
Jul-06	Round 7	Round 10	Round 9	Round 9	Round 9
Jul-13					
Jul-20		Round 11	Round 10	Round 10	Round 10
Jul-27	Festival	Round 12	Round 11	Round 11	Round 11
Aug-03	Round 8	Round 13	Round 12	Festival	Round 12
Aug-10	Round 9	Round 14	Round 13	Round 12	Festival
Aug-17	Round 10	Round 15	Festival	Round 13	Round 13
Aug-24	Round 11	Round 16	Round 14	Round 14	Round 14
Aug-31	Round 12	Round 17	Round 15	Round 15	Round 15
Sep-07	Round 13	Round 18	Round 16	Round 16	Round 16
Sep-14	Round 14	Round 19	Round 17	Round 17	Round 17
Sep-21	Festival	Round 20	Round 18	Round 18	Round 18

Performance and Prevention

Ensuring players perform a suitable warm-up before training sessions and games is crucial for their overall performance and safety.

As the season progresses, fatigue can set in, especially in young players. A well-structured warm-up becomes even more important to prepare their bodies for physical activity, helping to reduce the risk of injuries and enhance recovery.

Warm-ups gradually increase heart rate, blood flow, and muscle temperature, enhancing flexibility and mental focus, which sets the stage for optimal performance despite increasing fatigue.

New Zealand Football have some great resources on their website to help coaches integrate a quality warm up at the beginning of sessions.

Weekly Results

We have recently streamlined the process for recording results for our U9 - U17 teams. At the end of each game, please enter your scores here: [Weekly Results 2024](#) . If you all could do this each week it will make the process of entering the results into comet quicker for our administration team.

You can do this regardless if you are the home or away team, this way we have a record of the Players of the Day/Birko Award Recipients/MVP's.

If your team is competing in the higher level competitions and you have access to Comet, you can upload your results directly and do not need to complete the form.

Coach and Mangers Code of Conduct

The purpose of this Code of Conduct is to encourage fair, ethical treatment of all persons and organisations that come under the umbrella of Birkenhead United AFC.

All persons will agree to abide by the Birkenhead United AFC Code of Conduct and acknowledge that any breach of the Code of Conduct, or any part of it, may result in disciplinary action under the Birkenhead United AFC Constitution, Regulations and Policies.

The following Code of Conduct applies to all Birkenhead United AFC members and persons participating in Birkenhead United AFC activities.

As a team manager I will:

- Be responsible for the overall welfare and well-being of team members
- Maintain a 'duty of care' towards team members and be accountable for the management of the team
- Communicate with opposing team managers to ensure the fulfilment of scheduled fixtures
- Communicate regularly with the football committee and managers from other Birkenhead teams, for the sharing of players, resources and ideas
- Attend and be an active participant in scheduled football committee meeting.
- Complete and return match scorecards to Birkenhead clubrooms within 24 hours of a fixture being played
- Be responsible for the return of all team kit, balls, bibs, cones and other training equipment at the end of each season

As a coach I will:

- Respect the talent, developmental stage and goals of each player in order to help them reach their full potential
- Provide all players with equal attention and opportunities they deserve

- Be fair, considerate and honest with players and parents
- Encourage and promote a healthy lifestyle and encourage players to make good life choices
- Show professional responsibility by displaying high standards in language, manner, punctuality, preparation and presentation
- Make training sessions fun and suitable to each players talent and development stage
- Discuss player development regularly with other coaches and the Head of Football
- Actively seek out coach development opportunities
- Display control, courtesy, respect, honesty, dignity and professionalism to all involved in the sport
- Be a positive role model for the sport and players in a way that projects a positive image

You can find the complete Code of Conduct here: [Birkenhead United AFC Code of Conduct](#)

Clubroom Weekly Opening Hours

Please remind your teams training at Shepherds Park that the Clubrooms are open daily Monday to Friday from 5pm offering a retreat for parents and players alike during the winter chill.

Take advantage of this opportunity to relax and socialise in comfort. The Bar will be open providing a selection of snacks and beverages. The Kitchen will be open on Tuesdays, Wednesdays, and Thursdays, serving hot food, to feed your kids after chilly training session.

Ball Kids at Home Games (9-12 year olds)

There are still a number of slots available for our Womens Home Team Games this season. Your whole team doesn't need to attend, this is why we have noted 2 teams down per game so only a handful need to be there.

- Atleast 1 adult will need to attend to help chaperone (this doesn't need to be the coach or manager)
- Your team will need to wear their Birko Uniform, including boots and socks.
- Please bring your team Bibs, as you will be asked to wear them to differentiate from the teams playing
- Their main roles are to walk out with the teams at the beginning of the match
- Stay focused on the side line and support the flow of play by retrieving the footballs kicked out of play for the sideline officials.
- They get to watch the game up close and from the sideline.

If your team is interested please see the dates available here: [Ball Kid Opportunities](#)

Helpful Links and Websites

- [BUAFC Player Information](#)
- [NRF Junior Handbook](#)
- [NRF Junior Fixtures](#)
- [NRF Youth Fixtures](#)
- [NRF Community Senior Men Fixtures](#)
- [NRF Community Senior Women Fixtures](#)
- [NRF Junior Coaching Resources](#)
- [NRF Online Refereeing Courses](#)

Birkenhead United is on Facebook

Keep up to date with everything BIRKO

You can use the link [Birkenhead United AFC](#) or search for us on Facebook.



Upcoming Dates

Friday 7th June: Mens 1st Team Home Game v Western Springs

Saturday 8th June - U12 Football Festival

Sunday 9th June: Womens 1st Team Home Game v Tauranga Moana

Friday 14th June: Beats by Bingo - Details coming soon

Saturday 15th June - U11/12 Girls Football Festival

Sunday 23rd June: Womens 1st Team Home Game v Melville Utd, U11 Football Festival

Friday 28th June: Matariki - No Training

Saturday 29th and Sunday 30th June - Games will be scheduled during this long weekend

Friday 5th July - BUAFC Event - Comedy Night details coming soon, **End of Term 3**

Saturday 6th July - Games on this weekend

Saturday 13th July - No game this weekend

Saturday 20th July - Games yet to be scheduled

Saturday 3rd August - U12 Football Festival

Saturday 10th August - U11/12 Girls Football Festival

Saturday 10th August - U11/12 Girls Football Festival

Saturday 17th August - U11 U11 Football Festival

Have a question? - Contact Us

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