

Subject: BUAFC Field Training Protocols
Date: Monday, 12 August 2024 at 11:56:25 AM New Zealand Standard Time
From: Birkenhead United AFC
To: Kylie Dalton
Attachments: BUAFC Field Training Protocols.pdf



Birkenhead United AFC

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Coach and Manager Bulletin

August 2024

Dear Coaches and Managers,

I hope this message finds you well. As part of our ongoing commitment to providing a safe and well-maintained environment for our teams, we are implementing Field Training Protocols that must be followed at Shepherds Park and all other fields allocated to us by Auckland Council.

These protocols are essential to ensure the longevity of our fields, the safety of our players, and our continued compliance with council regulations.

Your cooperation in adhering to these protocols is crucial. Please take the time to familiarise yourself with the the protocols and ensure that your teams are fully briefed before commencing any training sessions.

Thank you for your attention to this important matter and for your continued dedication to our club and players.

Birkenhead United AFC:



Field Training Protocols for Field Preservation and Usage

To prevent future closures of our fields by the council and ensure that our teams can maximise their training opportunities at Shepherds Park and other designated council venues, please follow these protocols:

1. **Avoid Speed and Agility Work on Main Pitches:** Conduct any speed work, sprints, agility, or fitness activities off the main pitches whenever possible. Use off-field spaces for FIFA 11 warm-ups, speed training, conditioning, or agility work without the ball. This practice helps preserve the fields.
2. **Vary Training Locations Weekly:** Do not set up training sessions in the same area each week. For example, if you train on Tuesday and Thursday, set up activities in different areas of the pitch on each day. Avoid consistently using the convenient side near halfway, as this can lead to excessive wear and tear.
3. **Rotate Small Activity Areas:** When conducting activities like Rondos or boxes, which concentrate heavy use in small areas, rotate these areas each session to prevent localised damage.
4. **Avoid Small-Sided Games in Penalty Areas:** Refrain from setting up small-sided or positional games in the penalty areas and goalmouths.
5. **Limit Large Groups in Tight Spaces:** Avoid setting up activities that involve large numbers of players (e.g., 8v8 or more) in confined spaces. Such setups can significantly increase wear and tear. Larger-sided games help distribute wear more evenly.
6. **Distribute Practice Stations:** Set up different stations in various areas of the pitch. For example, if you have three training activities planned before a large-sided game, set up each activity in different areas to prevent overuse of any one spot.
7. **Avoid Already Damaged Areas During Winter:** In winter, when pitches are more vulnerable, avoid using areas that are already damaged or overused.
8. **Monitor and Adjust:** If you notice signs of wear on the pitches, consider moving activities or reducing training time, especially during winter months.

Consequences for Non-Compliance

To ensure the longevity and quality of our fields, it is essential that all coaches and teams adhere to these protocols. Failure to follow these protocols may result in:

1. **Restricted Access:** Teams may have their access to Shepherds Park and other designated council venues limited or revoked.
2. **Field Prioritisation:** Non-compliant teams may be deprioritised in field scheduling, affecting training and game times.
3. **Disciplinary Actions:** Coaches and teams may face disciplinary actions from the club, which could include fines or suspension from club activities.

These measures are in place to protect our facilities and ensure fair access for all teams. We appreciate your cooperation and commitment to maintaining our fields.

Online Coaching Modules from NZF

New Zealand Football offers a number of online modules for coaches to up skill their coaching skills. The courses are for volunteers and coaches. You can start with the online modules and, once completed, you can find a practical module that suits in order to complete the course.

The Fun-damentals of Junior Coaching

This Coaching Award is for Team Leaders working with 4-9 year old players. Leading a team of 4-9 year olds is an enjoyable and rewarding experience. Often in this age group, our Team Leaders wear many hats, acting as coaches, referees and chief fun officers! This course will provide valuable information on how to juggle the demands of training and Game Day and get the best out of this exciting age group.

NZF Junior Level 1

The course covers the basics of coaching the 9 – 13 year old age group. It focuses on understanding the specific needs of this age group, how to build fun and inclusive environments and how to develop players skills in a way that is appropriate for this phase of development.

NZF Youth Level 1

This course covers the basics of coaching the 13-19 year old age groups. As a coach of this age group, you will begin to introduce team development while building on the skills built in earlier phases of development. This course will help you provide safe and inclusive environments that provide the right conditions for the growth and enjoyment of the game.

[Register for these Online Modules Here](#)

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 in 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](#)

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](#)



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Have a question? - Contact Us

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