

LINDFIELD FC



Lindfield FC Diamond League & Super League Briefing

Lifting our game

December 2023

Agenda



1. LFC Coaching *Blueprint*
2. Expectations & Training
3. Season Calendar
4. Equipment
5. Costs
6. More information
7. Coaching Opportunities
8. Additional Development
9. Next steps



1) Strategic Coaching priorities

1. Strengthen the LFC Coaching Development Model – *to grow the best coaches that have LFC in their DNA*
2. Differentiate the club through the deployment of a well rounded approach to Player Development – *to develop better people (& players)*
3. Leadership in addressing coach gender imbalance at all levels – *in alignment with broader FFA/FNSW/NSFA goals*
4. Continue to reinforce & embed the “LFC Blueprint” playing style – *to facilitate transition between ages and coaches & retain players*
5. Continue to lead with performances on the pitch (at NSFA & State Level) – *the result of all of the above*



1) LFC Coaching Blueprint

The LFC blueprint is the template for how we play and how we coach...



LFC 11-aside Game Model

Our 11-aside game model is designed to be easy to understand and memorable.

All players (& coaches) should be able to recall this at any time

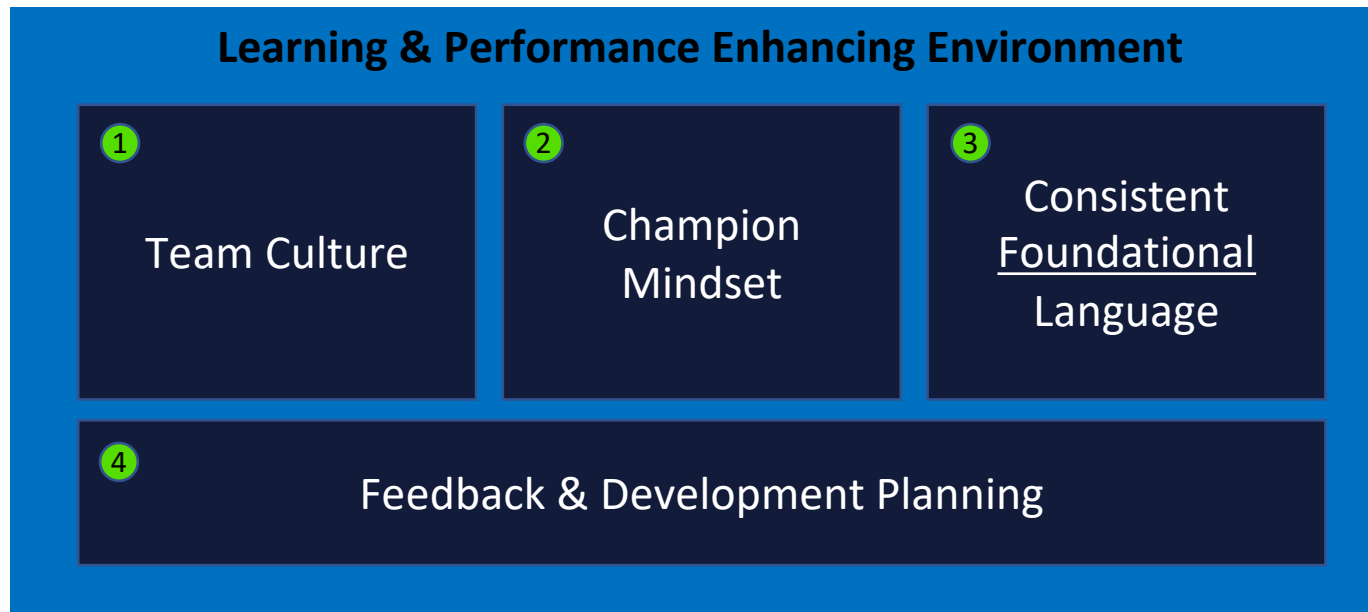
- In possession, we **pass with purpose** waiting for an opportunity **to get behind and finish**
- Out of possession, we **defend together** to prevent opponents from progressing forward, at the right time, we **effect** (control) the opponent to protect our goal
- When we win the ball, we seek to **penetrate** behind and finish. If we cannot penetrate, we maintain **possession** and build again
- When we lose the ball, we seek to **regain** the ball immediately or **restrain** the opponents from playing forward

In Possession	Out of Possession	When we win the ball	When we lose the ball
Pass with Purpose	Defend together	Penetrate or possess	Regain or restrain <i>(from playing forward)</i>
Combine to get behind	Effect then protect <i>(our goal)</i>		
Find a finish			

Coach training intervention – “ ok Alex, you just won the ball, great timing of the interception, what do you need to do now?... what does our game model suggest?...”

LFC Coaching Blueprint – How we Coach

How we Coach is critical to learning and engagement and ultimately drives team performance



- 1 *Build connections and aligns behaviours/actions of the team*
- 2 *A growth mindset to help learning and a mindset to enable performance in big games*
- 3 *Consistent foundational language across all coaches to aid understanding and retention of learning*
- 4 *Focus on individual player feedback and planning for development*

The coach and player skills required to create a Learning & Performance Enhancing Environment are the core focus of our Coach Development Program and our player Live Well Play Well program



2) Expectations & Training

Game Format

G12, G13 & U12:	9v9 Squad size 12 Pitch size: box to box Game length: 50 mins	Competition format	Training:	2x per week for 75 mins/session
G14, U13, U14:	11v11 Squad size 15/16 Full pitch Game length: 60mins	Competition format	Training:	2x per week for 75 mins/session
G16, G18, U15-18:	11v11 Squad size 15/17 Full pitch Game length: 70 & 90 mins	Competition format	Training:	2x per week for 90 mins/session



3) Expectations & Training

Attendance

- Players are required to attend both training sessions and attend the game on Sat/Sun unless sick or injured or in exceptional circumstances.
- Training sessions are planned in advance so it is important that coaches know the number of players that will attend each session.
- Managers should use the Dribl app or similar like Teamer to assist with communication regarding absence from training and games
- All DL/SL teams commence training from 1 Feb
- SL Teams going to the Bathurst Cup commence from 22 Jan
- All Dev teams commence training from 4 March (except G12 Dev)
- Strength & Conditioning session available mid Jan (details will be provided in the email following this briefing)



3) Expectations & Training

Training Times (provisional)

- Training Schedule found in Team Grader: Go to [Team Grader public website](#). Select “Teams – View Teams” menu option and select your team. Select “View Preseason & Training Schedule”
- Note: these training times are provisional as they may change due to Coach/Ground availability. Wherever possible, we try not to change the training days.
- As per policy, younger teams commence earlier than older teams. To fit all teams in, we must start at 4pm.
- We aim to provide 1x per week training on synthetic (either the courts or CB)
- The schedule will show all preseason matches as well

The screenshot shows the 'Team Grader' interface with a navigation bar at the top containing 'Events', 'Programs', 'Play with Friends', 'Teams', and 'Coaching'. The main content area is titled 'G16 DLA Preseason and Training Schedule'. Below the title is a note: 'The schedule below may change so bookmark this page for future reference. Click the columns headings/icon to sort or filter the list.' To the right of this note is an 'Export Schedule' button. The table below has the following columns: Start Date, End Date, Purpose, Day, Start Time, End Time, Ground, Field/Court, Frequency, and Additional Field. The data rows are as follows:

Start Date	End Date	Purpose	Day	Start Time	End Time	Ground	Field/Court	Frequency	Additional Field
01/02/2024	29/02/2024	Training	Thursday	18:15	19:45	Wellington		Weekly for 5 sessions	-
05/02/2024	26/02/2024	Training	Monday	18:15	19:45	Charles Bean		Weekly for 4 sessions	-
04/03/2024	25/03/2024	Training	Monday	18:15	19:45	Charles Bean		Weekly for 4 sessions	-
07/03/2024	28/03/2024	Training	Thursday	18:15	19:45	Wellington		Weekly for 4 sessions	-

Ground allocations and timings are provisional (and grounds are likely to change in April for the Winter Season)



4) Season Calendar

Pre-season Friendlies: Feb/March

- 12-18 age groups
- Games to be scheduled are mostly outside NSFA

Bathurst Cup & Proctor Park Challenge

Super League:

- Feb 3rd & 4th
- Team entered: U13A, U14A, U15A, U16A

Diamond League:

- Feb 10th & 11th
- Team entered: G12A, G12B, G14A, G14X, G16A, G16X, G18A

Regular Season (April to August)

- Approx. 16 regular season games
- Final series for top 4 teams

State Cup: May / July

- SL: 13-18 age groups (1-4 games- all 11 aside)
- DL: 13,14,16,18 age groups (1-4 games- all 11 aside)
- Inter-Association competition (knockout format)
- Requires regular season make-up games

Kanga Cup: July 7th-12th

- Canberra 12-18 age groups (6-7 games – all 11 aside)
- Fantastic weeklong competition – the highlight of the season!
- *Teams must enter themselves. Coaches will be provided wherever possible. Full details on [LFC website info page](#)*

Champion of Champions: Oct / Nov

- Manly Cup – post season friendly vs MSFA Winners
- Winner(s) of Diamond /Super League is entered (13-18)
- Post season friendlies plus knockout comp (3-6 games)

5) Equipment

- **2024 New Playing Shirt & Numbering**
- **Other LFC Uniform:** Shorts, Socks
- **LFC White Shirt:** used for Away Games & and to be worn at Training (numbered same as Blue)
- **DL / SL Kit Bag** (included in cost for G12DL & U13SL)
- **LFC Tracksuit Top** and optional Tracksuit Pants
- **Notes**
 - Number allocation & clashes will be sorted out by Managers, existing players have priority
 - Due to the amount of football, *additional socks and shorts* are a good idea
 - LFC Hoodie, LFC Beanie and skins are also useful for Kanga Cup
 - *Coaching fees do not include uniform.* All football attire is purchased from the [uniform shop via our online store](#)



UNIFORM REQUIREMENTS SL & DL

Blue Shirt - \$40

White Shirt - \$40

Shorts - \$30

Socks - \$14

Tracksuit Top - \$60

Kit Bag - \$50

Optional

Tracksuit Pants - \$45



6) Coaching Fees 2024

- LFC aims to be comparable with other community clubs with respect to coaching fees
- We aim to recoup the investment made in coaching from our squads and from camps, spreading our overhead costs equitably. All payments go directly to the coaching office and do NOT fund any other club activities / teams
- Our budget includes a <2% margin which covers contingency
- Our LFC squads will train once per week on synthetic surfaces. All LFC coaches are paid an hourly rate based on their level of experience. NSFA charge SL/DL teams more to cover the better quality of grounds provided
- Costs are estimated and will be adjusted if there are any major (>\$30) variances in the coaching that was delivered
- Payments can be made in 2 instalments to spread the cost, the Active Kids voucher is able to be used.
- **Costs vary for each team and are outlined in your offer letter**
- **Coach costs for game day coaching:-**
 - SL Squads - full attendance is expected and costs are included in the fees
 - Dev Squads - full attendance can not be guaranteed (due to player commitments). We have planned and budgeted for 60% attendance. Coach cost per player per game is approx \$5. If there are significant absences, we will adjust the final payment amount.
- Cost per session (\$15-\$17).

6) Coaching Fees 2024



SL / DL Squads

Squad	SL U12	SL U13	SL U14	SL U15	SL U16	SL U18	DL G12 A&B	DL G14 A&X	DL G16 A&X	DL G18 A
Weeks - coaching* ¹	30	30	30	30	30	30	30	30	30	30
Weeks - game day support	30	30	30	30	30	30	30	30	30	30
Player Gear Fee* ²	Not included	\$50	Not included	Not included	Not included	Not included	\$50	Not included	Not included	Not included
Total Coaching (inc GST)	\$990	\$1,055	\$1,005	\$1,045	\$1,045	\$1,065	\$1,040	\$1,005	\$1,045	\$1,065
TOTAL Player Fee	\$990	\$1,055	\$1,005	\$1,045	\$1,045	\$1,065	\$1,040	\$1,005	\$1,045	\$1,065
Payment 1	\$ 360.0	\$ 425.0	\$ 375.0	\$ 415.0	\$ 415.0	\$ 425.0	\$ 410.0	\$ 375.0	\$ 415.0	\$ 425.0
Payment 2	\$ 630.0	\$ 680.0	\$ 630.0	\$ 630.0	\$ 630.0	\$ 640.0	\$ 650.0	\$ 630.0	\$ 630.0	\$ 640.0
Tournaments										
Proctor Cup (inc Team Fees)	\$ -	\$ 98	\$ 98	\$ 98	\$ 98	\$ -	\$ 128	\$ 98	\$ 98	\$ 98
Kanga Cup (ex Team Fees)	\$ 212	\$ 163	\$ 163	\$ 163	\$ 163	\$ 163	\$ 212	\$ 163	\$ 163	\$ 163
2023 Actual Fees	\$910	\$974	\$925	\$960	\$960	\$980	\$959	\$925	\$960	\$980

* SL / DL Bag included in fees



6) Coaching Fees 2024

Development Squads

Squad	DEV U13/U14/15	DEV U16	DEV G08/09	DEV G10	DEV G11/12	Dev G14/16
Coaching Weeks	24	24	24	24	24	24
Game Day Support Weeks	21	21	21	24	21	21
Total Coaching (inc GST)	\$770	\$795	\$545	\$740	\$750	\$795
Payment 1	\$ 400.0	\$ 400.0	\$ 345.0	\$ 400.0	\$ 400.0	\$ 400.0
Payment 2	\$ 370.0	\$ 395.0	\$ 200.0	\$ 340.0	\$ 350.0	\$ 395.0



7) Coaching Opportunities at LFC

- In 2023, LFC employed about 60 coaches, the majority of these coaches play with LFC and commenced their coaching career with LFC
- Boys and Girls who are turning 15 in 2024 are eligible to coach with LFC (with some exceptions for those turning 14)
- We have a structured program for coach development - commencing with Super Skills and can lead to roles coaching our Development squads and Super League teams (approx. 6-8 years later)
- Training is available via FNSW and NSFA
- Coaches are provided with the appropriate coaching support and mentoring
- Details on [Coaching at LFC](#) can be found on the LFC website – in the Managers and Coaches Section.
- A coaching briefing and induction session is planned for February 2024

8) More information

Our website has all the information you need:

URL: <http://www.lindfieldfc.com.au/>

- [Player Development](#)
- Copy of this Parent briefing presentation and
- [Player Offers Policy](#) - outlines LFC expectations for SL | DL | SAP | Dev players.

Competition Details:

- [Competitions](#) found under the Player Tab
(includes Bathurst Cup, Proctor Park Challenge, Kanga Cup and FNSW competitions)



9) Admin & Next Steps

To Do

1. Confirm your spot (NOW)
2. Pay 1st Installment (NOW)
3. [Register](#) to play football with LFC (January)
4. We need a volunteer from each team to be the manager for the team (asap esp. for Bathurst and Proctor teams)

Bathurst Cup / Proctor Pack Challenge

- Teams have been submitted
- Accommodation should also be booked **immediately**

