

# LINDFIELD FC



## Lindfield FC SAP & Dev Briefing

*Lifting our game*

*December 2023*

# Agenda

---



1. LFC Coaching *Blueprint*
2. Changes to SAP for 2024
3. Expectations & Training
4. Season Calendar
5. Equipment
6. Fees
7. More information
8. Next steps



# 1) Strategic Coaching priorities

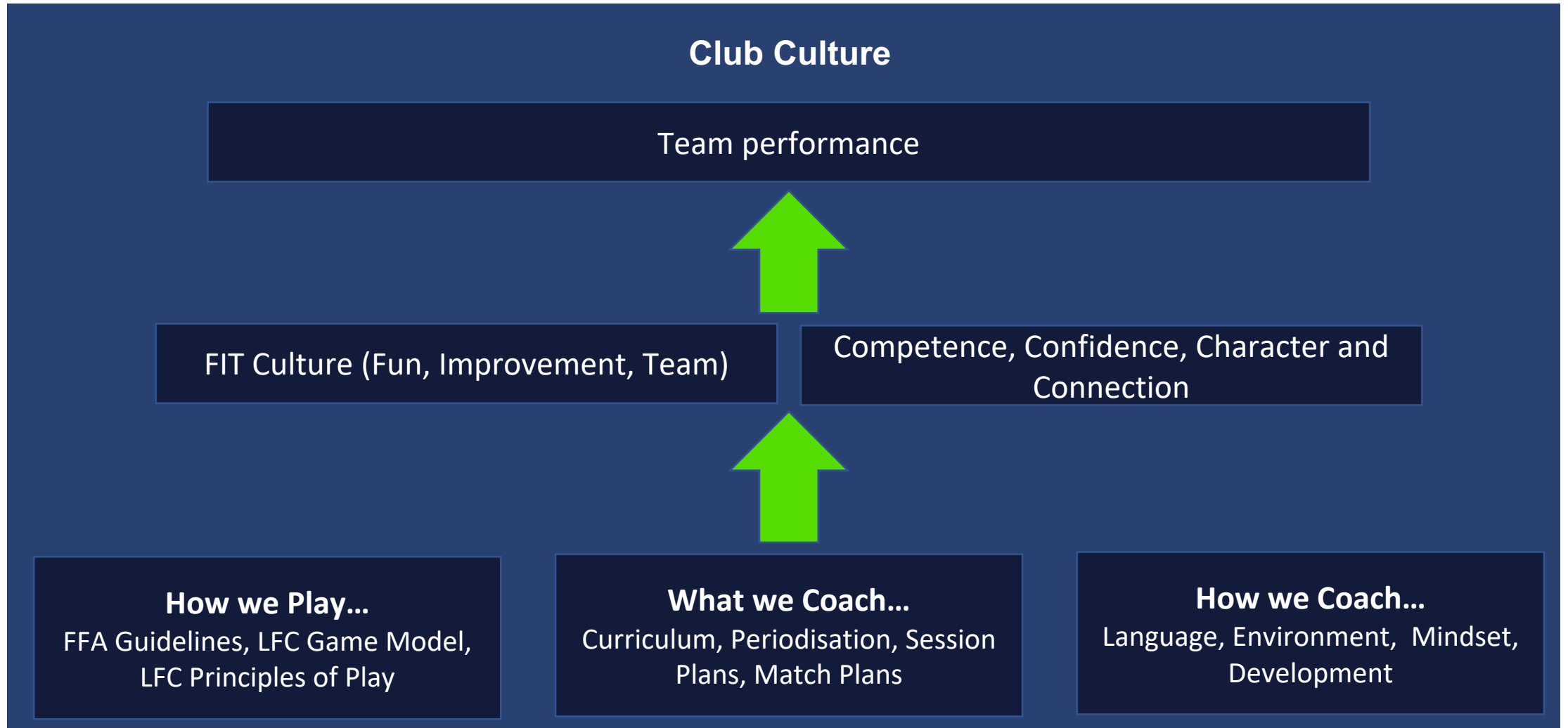
---

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*



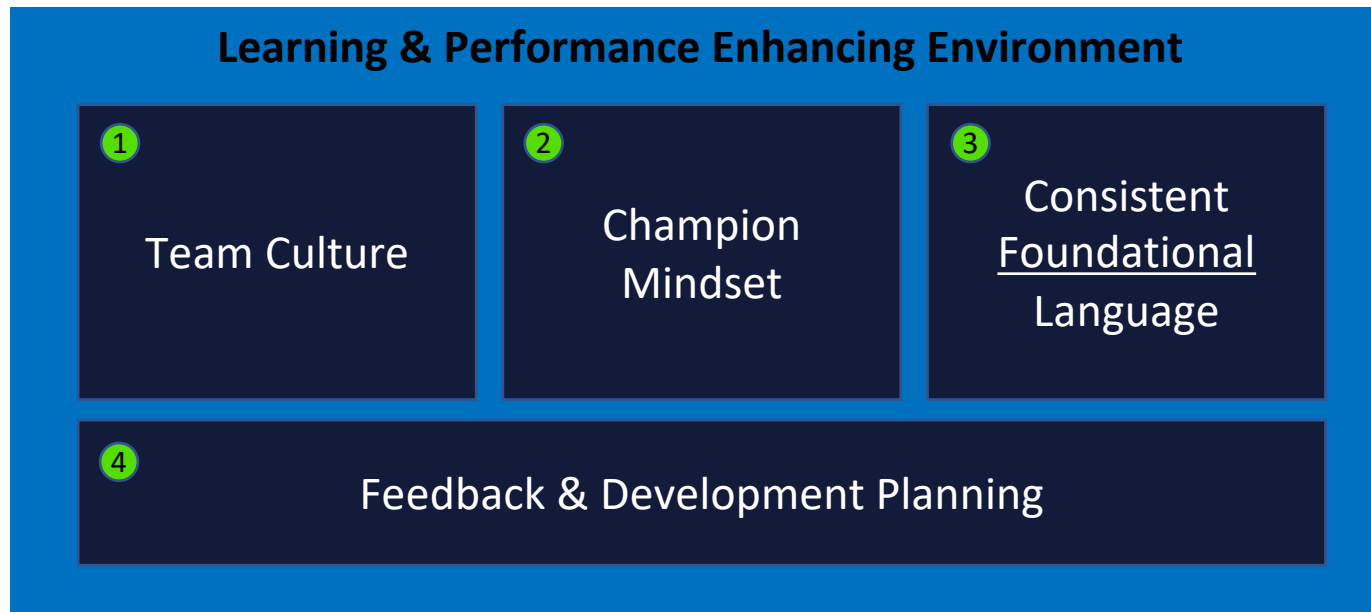
# 1) LFC Coaching Blueprint

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



# LFC 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***



# 1) LFC Foundational Principles – Topic Areas

**The LFC Foundation Principles are grouped around 8 core topic areas aligned to In and Out of Possession**

*The underpinning principles will guide the sessions topics & player actions for SAP and early game training*

When we have the ball	When we don't have the ball
Creating & Exploiting Space	Pressing & Supporting
Passing & Supporting	Recovery & Delay
Creativity & Penetration	Compactness, Cover & Balance
Finishing the attack	Control & Restraint

*Sessions focused on the above topics will incorporate one or more of the 4 core skills*

1v1	Striking the Ball	Running with the ball	1 <sup>st</sup> Touch
-----	-------------------	-----------------------	-----------------------

*But also include other key topics:-*

Communication	Mobility	Mindset
---------------	----------	---------



# 2) Changes to the LFC SAP Program for 2024

---

## **Goals**

- 1) To focus on improving both the training and match day experience for all players in SAP and SAP Dev.
- 2) Create more varied opportunities for the teams to play competitive games through tournament participation.

## **Team Selection**

- Following the trials, we will selected a SAP squad
- In early March, the SAP squad will be divided into two teams of equal ability.
- We initially offered spots in 1 Development squad.
- Based on the depth of players in the trials, we have been considering a offering a 2<sup>nd</sup> dev squad - subject to ground availability, coaching and sufficient acceptance by players offered SAP and Dev 1 spots

## **Training**

- Training will commence 2 weeks earlier (in mid February) to allow the team selection to be made earlier
- We have redesigned our training schedule to enable our development teams to train alongside our SAP teams
- We will be using Charles Bean more to provide teams (esp U10/11) more space for game based training (once per week for all age groups)
- We are introducing “Ball Mastery Badges’ to encourage and recognise individual skill development. Badges will be awarded to players (on mastery of a skill) which can be sewn on to their shorts. More details when we launch this in Feb.

## **Coaching**

- Every team (SAP & SAP Dev) will have a nominated coach (that work will work with the team throughout the season) to provide greater consistency week to week.
- James and Harry (our SAP Head Coaches) will oversea all SAP and SAP Dev teams, ensuring a consistent coaching program for all teams and support the team coaches.
- SAP coaches will be provided with an extra 15 hours of coach development to uplift the overall their coaching skills.



## 2) Changes to NSFA SAP League for 2024

---

### **NSFA SAP Program Changes**

- SAP is being renamed to the Junior Development League. (JDL).
- Our two SAP teams will play in JDL 1 and our Dev team(s) will play in JDL 2.
- All other SAP clubs will also now have a development squad in JDL2.

### **Match Day**

- The hub location model for match day is being replaced by home and away locations.
- On a particular Saturday, 1 JDL team & 1 JDL 2 team in each age group from LFC will play the same club at our home location or away. Because we have two teams in JDL 1, one of these teams will be playing a different club at a different location.
- These changes mean that the majority of LFC teams will play at the same venue and at a similar time each week.
- This will make it easier for our Head Coaches to support coaches on match day and also provide cover in the event that a coach is away.
- It also makes it easier to borrow players between age groups and from JDL 2.

### **Tournaments**

- We hope to enter the LFC SAP teams into the Tiger Cup which traditionally runs in the Easter schools holidays.
- We understand that some will have holiday plans locked in so will combine teams if necessary.
- We also strongly encourage all SAP teams to plan to attend Kanga. This was a big success last year so we are keen to grow the involvement of LFC SAP teams at this fantastic tournament.





# 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
- SAP teams commence training from Mon 19 Feb
- Girl's Dev teams commence training from Mon 19 Feb



# 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 at least 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 table contains four rows of training sessions.

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

---

## Preseason (March)

- LFC vs LFC Games
- 1-2 Friendlies (incl)

## Regular Season (April to August)

- Commences April 6th or 13th tbc
- Approx. 14 regular season games

## Tournaments

### Kanga Cup: 7<sup>th</sup> – 12<sup>th</sup> July

- Girls & Mixed 8-11 age groups
- Held in Canberra
- 6-7 games across the week
- Fantastic week-long competition, some say, the highlight of the season!

# 5) Equipment

- **Standard LFC Uniform:** Shorts, Socks & Blue Shirt (numbered)
- **LFC White Shirt:** used for Away Games & and to be worn at Training (numbered same as Blue)
- **LFC Tracksuit Top** and Optional LFC Tracksuit Pants
- **SAP Kit Bag** included in U8 fees - available for other age groups
- **Notes**
  - Number allocation & clashes will be sorted out by Managers, existing players have priority
  - Dev Teams do not require numbered shirts - only SAP players
  - 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](#) - pickup is from the shop found downstairs at the clubhouse.



## UNIFORM REQUIREMENTS

### SAP & GIRLS DEV

#### SAP

Blue Shirt - \$40

White Shirt - \$40\*

Shorts - \$30

Socks - \$14

Tracksuit Top - \$60\*

Kit Bag - \$50\*

#### Optional

\* Optional Girls Dev  
Tracksuit Pants - \$45



## 6) Coaching Fees 2024

---

- LFC aims to be comparable with other large 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.
- 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:-**
  - SAP 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

## SAP Squads

Squad	SAP U8	SAP U9	SAP U10	SAP U11
Weeks - coaching <sup>*1</sup>	26	26	26	26
Weeks - game day support	21	21	21	21
Player Gear Fee <sup>*2</sup>	\$50	<i>Not included</i>	<i>Not included</i>	<i>Not included</i>
TOTAL Player Fee	\$830	\$780	\$790	\$790
Payment 1	\$ 360.0	\$ 320.0	\$ 330.0	\$ 330.0
Payment 2	\$ 470.0	\$ 460.0	\$ 460.0	\$ 460.0
<b>Tournaments</b>				
<i>Proctor Cup (inc Team Fees)</i>	\$ -	\$ -	\$ -	\$ -
<i>Kanga Cup (ex Team Fees)</i>	\$ -	\$ -	\$ 212	\$ 212

\* Excludes additional 2 training weeks in Feb

\* SAP Bag included in fees



# 6) Coaching Fees 2024

## *Development Squads*

Squad	DEV U8/U9	DEV U10/11/12	DEV G08/09	DEV G10	DEV G11/12
Weeks - coaching	24	24	24	24	24
Weeks - game day support	21	21	21	24	21
<b>Coaching Costs</b>					
Player Gear Fee <sup>*2</sup>	<i>Not included</i>	<i>Not included</i>	<i>Not included</i>	<i>Not included</i>	<i>Not included</i>
<b>Total Coaching (inc GST)</b>	<b>\$780</b>	<b>\$790</b>	<b>\$545</b>	<b>\$740</b>	<b>\$750</b>
Payment 1	\$ 400.0	\$ 400.0	\$ 345.0	\$ 400.0	\$ 400.0
Payment 2	\$ 380.0	\$ 390.0	\$ 200.0	\$ 340.0	\$ 350.0
<b>Tournaments</b>					
<i>Proctor Cup (inc Team Fees)</i>	NA	NA	NA		NA
<i>Kanga Cup (ex Team Fees)</i>	NA	\$212	NA		\$212



# 8) More information

Our website has all the information you need :-

URL: [www.lindfieldfc.com.au](http://www.lindfieldfc.com.au)

## SAP League Details:

Player TAB / Player Development, click the **SAP League Logo**.  
**NB Quick links** to this presentation and **SAP Player Offers Policy** which outlines LFC expectations of SAP players.

## Competition Details:

**Player Tab** then select **Competitions**  
(includes Kanga Cup, Country Cousins tour and FNSW competitions)





## 9) Admin & Next Steps

---

### To Do

1. Confirm your spot (NOW)
2. Pay 1<sup>st</sup> 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

