



**THE 2022 SEASON**

---

**11TH GRADE  
FOOTBALL**



A GUIDE TO THE 2022 SEASON FOR GRADE 9

# CONTENTS

---

## PROGRAMME INFORMATION

- 1) THE WINTER-SEASON PROGRAMMES
- 2) REGISTRATION AND ENTRY PROCESS
- 3) THE FDP PURPOSE & AIMS
- 4) THE FDP KEY INFORMATION
- 5) OUR SKILL-CENTRE EXPLAINED
- 6) 2022 JUNIOR YEAR PLANNER (CALENDAR)

## COACHING APPROACH

- 7) OUR CLUB COACHING TEAM
- 8) OUR COACHING METHODOLOGY
- 9) OUR CLUB PLAYING PHILOSOPHY

## CLUB INFORMATION

- 10) TRAINING & PLAYING KIT
- 11) PARENT CHARTER
- 12) HOW TO BECOME A CLUB VOLUNTEER
- 13) HOW TO BECOME A CLUB SPONSOR





PROGRAMME INFORMATION

---

# CHOOSING THE RIGHT PROGRAMME FOR YOUR CHILD



# THE WINTER SEASON PROGRAMMES

## PROGRAMME 1

### TRADITIONAL FOOTBALL PROGRAMME

Our Traditional football programme is your classic junior football experience. Turn up to your team training and the weekly Saturday morning game. Play with your friends, meet new friends, and enjoy some fun competition on the weekend.

**Who should sign-up:**

Our traditional football programme is for any player who wants to have a fun football experience with their mates, is happy to train, but is not necessarily after extra trainings or higher competition levels.

**Commitment:**

Players are committing to 1-2 team trainings per week and a game on the weekend.

**Coaching:** Traditional club teams are coached by a volunteer coach who ensures fair game-time and an enjoyable match-day experience.

**Cost:** \$150 club subs

## PROGRAMME 2

### SETTLERS PROGRAMME

Our Settlers programmes is for our Junior players that love their football and want to progress their game in a competitive environment.

The Settlers teams will train twice per week, one of those sessions will be in our Skill Centre programme that aims to maximise enjoyment, life-skill development & football skill acquisition.

**Who should sign-up:**

Our Settlers is for passionate & committed players who want to maximise their skill development.

**Commitment:**

Players are committing to two trainings a week (inc. one skill-centre session) and a game on the weekend.

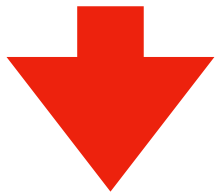
**Coaching:** A Settlers team is coached at trainings and games by a Petone F.C. volunteer coach who the club will invest in by supporting their development as a coach.

**Cost:** \$200 programme development fee + \$150 club subs  
See the *key information page* for a breakdown of the cost.



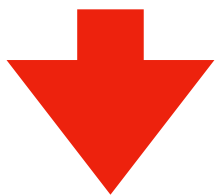
# REGISTRATION PROCESS

REGISTER ON OUR WEBSITE FOR THE WINTER SEASON



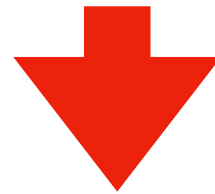
REGISTER FOR PETONE  
TRADITIONAL FOOTBALL  
PROGRAMME

ATTEND 3 WEEK GAME  
MUSTERS (OPTIONAL)



PLACED INTO PETONE  
TRADITIONAL FOOTBALL  
TEAM

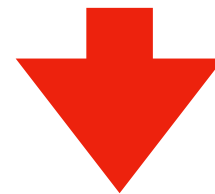
SKILL CENTRE TRAINING  
(OPTIONAL)



REGISTER FOR PETONE  
SETTLERS PROGRAMME

ATTEND 3 WEEK GAME  
MUSTERS (OPTIONAL)

ATTEND 3-WEEK  
INTRODUCTION TRAININGS &  
PARENT NIGHT



PLACED INTO PETONE  
SETTLERS TEAM

SKILL CENTRE TRAINING  
(COMPULSORY)





# SETTLERS 11th GRADE KEY INFORMATION

## PROGRAMME ENTRY

We will run a 3-week introduction to the Petone Settlers, open to all participants that have registered for the programme (free of charge).

This 3 week period will include:

- (a) an introduction night for parents to understand the programme,
- (b) 3 trainings so players can get a feel for the environment,

Teams will be formed after the 3-week period. There are no trials for this grade. Players will be placed into two balanced teams. If our numbers are more than two teams we will seek to form additional teams as necessary.

Please note: If we have the situation where we have more numbers than 2 teams and we do not have enough numbers to create a third team, we will do our best to try find additional numbers to create a third team. However if this is not possible we will use the training introduction period to determine what players will take part and what ones will not. Anyone that misses out on being in a settlers team will be offered the ability to train in the Skill centre sessions.

## KEY TIMES AND DATES

Introduction training period:

- (a) **Introduction night:** Sunday 27th March, 5:30pm
- (b) **3 weeks of trainings:** Wednesday March 30th - 13th April. 5 - 6pm
- (c) **Team formation:** Wed 20th April

Winter Skill centre season trainings:

- (a) Start date: Tuesday, May 2nd.
- (b) Finish date: Tuesday, August 23rd.
- (c) Training times: Tuesday 5:30 - 6:30pm
- (d) Training venue: Petone Memorial

## COACHING

Our approach to coaching is to develop local volunteer and young coaches by providing them with curriculum, mentoring, and support from our experienced lead coaches to grow local coaching while ensuring quality session planning and delivery.

**Session delivery:** Local coaches

**Lead coach:** Sam Pickering

**Technical Director:** Ryan Edwards

## TEAMS

Teams will be allocated into two balanced teams, we will run further teams if we have additional numbers. Players will only miss out if we do not get enough numbers to run a full team.

The teams will train twice a week and play on Saturdays.

## COST

Club subs : \$150

Programme development fee : \$200

Training kit - see page 16

The programme development fee goes towards:

- Skill Centre costs
- Coach development & coach mentoring;
- Curriculum provision & development;
- Programme equipment, gear, & general expenses;
- Turf bookings
- Volunteer support initiatives

Please note the club is a not-for-profit organisation. These fees are to support the growth of the programme. The programme cost is already subsidised by sponsors and other club programmes to lower the cost for participants.



# OUR SKILLS CENTRE EXPLAINED

## AIMS FOR OUR SKILL CENTRE

- 1) Provide all Petone Juniors with an opportunity to develop their football skills.
- 2) Offer players a fun, well coached, and professionally run training environment.
- 3) Develop our local coaches and train them to deliver good sessions that follow a training curriculum.
- 4) Build relationships across the football community for players, coaches, and parents.

## KEY TIMES AND DATES

### Term 2 Skill Centre

- (a) Start date: Tuesday, May 2nd.
- (b) Finish date: Tuesday June 28th.
- (c) Training times: Tuesday 5:30 - 6:30pm
- (d) Training venue: Petone Memorial park

### Term 3 Skill Centre

- (a) Start date: Tuesday, July 3rd.
- (b) Finish date: Tuesday, August 23rd.
- (c) Training times: Tuesday 5:30 - 6:30pm
- (d) Training venue: Petone Memorial park

No training public holidays or school holidays

## ENTRY

All Settlers teams have Skill Centres trainings.  
Open entry for all players wishing to take part.

Our ideal is teams sign up for the skill centre as a team. This allows teams to attend and train together as a team. It also allows the teams to cost share to ensure all players can attend.

Individuals can sign up if their team opts not to.

## COST

\$100 per term for a player.  
\$800 per term for a **team**.

The programme fee pays towards:

- Programme equipment, gear, & general expenses;
- Coach development & coach mentoring;
- Curriculum provision & development;
- Volunteer costs & support.

Please note Petone is a not-for-profit organisation. These fees only contribute towards supporting the growth of the programme.

## COACHING

Our approach to coaching is to develop local volunteers and young coaches by providing them with curriculum, mentoring, and support from our experienced lead coaches to grow local coaching ability while ensuring quality session planning and delivery.

**Session delivery:** Team coaches

**Lead coach:** Sam Pickering

**Technical Director:** Ryan Edwards

# YEAR PLANNER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
JAN	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M			
FEB	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28						
	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M						
	REGISTRATION PERIOD																																	
MAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th			
	REGISTRATION PERIOD CLOS						JUNIOR 3-WEEK GAMES PROGRAMME (OPEN ENTRY MUSTER)																	JUNIORS DAY			INTRODUCTION PERIOD STARTS							
APR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S				
	3-WEEK INTRODUCTION TRAINING PERIOD													EASTER					3-DAY HOLIDAY PROGRAMME					SCHOOL HOLIDAYS										
MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T			
		TERM 2 - WINTER SEASON																																
JUN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th				
	TERM 2 - WINTER SEASON																																	
JUL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su			
	TERM 2 - FINISH												3-DAY HOLIDAY PROGRAMME					SCHOOL HOLIDAYS							TERM 3 - START									
AUG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W			
	TERM 3 - WINTER SEASON																																	
SEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F				
	TERM 3 - WINTER SEASON (FINISH DATE TBC)																																	
OCT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M			
				3-DAY HOLIDAY PROGRAMME						SCHOOL HOLIDAYS																TERM 4 - SUMMER 4's								
NOV	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W				
	TERM 4 - SUMMER 4's																																	
DEC	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S			
	TERM 4 SUMMER 4's																																	





COACHING APPROACH

---

# HOW YOUR CHILD WILL BE COACHED AT PETONE F.C.



# OUR COACHING METHODOLOGY

## FUN-FIRST COACHING

- Coaches design sessions with fun as the first priority
- Exercises involve the ball as much as possible
- Small-sided games are preferred to larger games
- Skill acquisition exercises involve fun competition
- Blocks are broken up with fun-focussed sessions

## TRANSFORMATIONAL COACHING

- Coaches focus on the human first - player second
- Life-skills are coached as part of the programme
- Positive training behaviours are set & maintained from the start of the season

## HOLISTIC COACHING

- General movement (body-movement) with and without the ball is integrated into the programme.
- Multi-sport involvement is encouraged and part of the coaching programme.
- Individual skill-acquisition is taught as well as gameplay

## BLOCKED-PROGRESS LEARNING

- Training is setup into blocks of learning each with a specific topic.
- Each block is broken down into weekly themes.
- The learning focusses carry from trainings to games.

## NEEDS-BASED LEARNING

- Coaches provide opportunities for players to offer their thoughts, ideas, & feedback on the football.
- Coaches encourage players to self-regulate their behaviour before the coach needs to intervene.
- Coaches promote player leadership to support personal and teammate focus and learning.



# OUR PLAYING PHILOSOPHY



## THE BALL

LOVE HAVING IT HATE NOT HAVING IT

Football's focus is the ball. We therefore believe our #1 focus should be the ball too. We want our players to learn to love having the ball and do everything they can to maximise their time with the ball, as a team, and as individuals. We want our teams to hate not having the ball and do everything they can to get back it quickly if they lose it.



## ENTERTAINING TO WATCH

RAZZLE-DAZZLE

We want our spectators to be entertained when they watch our teams play. We believe X-Factor (creativity & skill) is what makes football entertaining. We want our individuals to show their X-factor through technical ability. We want our teams to show their X-factor through telepathic-like combinations. This means to entertain, we must have the ball, or otherwise our spectators are simply watching us run.



## ENJOYABLE TO PLAY

X-SPAM

We want our players to enjoy every football experience they have. We believe this is achievable, win or lose, but only once the team learns to work together by passing the ball, quickly and accurately, with a team-first ethos. A player that has: time on the ball, creates with the ball, and contributes to scoring goals, will always have fun.



## ENERGISING TO COACH

TEMPO

We want our coaches to feel energised watching their team play. We believe this is created by seeing the team collectively work hard & play with intensity but also from changes in tempo to the game that only intelligent, well coached, players can do effectively. The team that controls the game is the one that best controls the tempo of the game,.



# OUR JUNIOR CLUB COACHING TEAM

The below diagram sets out who our coaches are and how they will be looked after at the club. We want to increase the pool and the quality of local NZ coaches hence our dedication to supporting and developing our community club & volunteer coaches.

*For more information about our club coaches please go to our website bios.*

## COACH ROLES

ROLE	WHO	ABOUT
FDP TEAM COACHES	APPROVED VOLUNTEERS (PARENT / SENIOR PLAYERS)	Coaches that have agreed to closely follow the Petone F.C. FDP development model.
TEAM COACHES	TEAM COACH	Volunteer coaches that have stepped up to coach one of our traditional programme teams.
SKILL-CENTRE COACHES	PARENT VOLUNTEERS	The team coaches will deliver sessions at skills centres for the purpose of receiving guidance, support, and up-skilling provided by our Coach Developers.

## COACH DEVELOPER ROLES

ROLE	WHO	ABOUT
JUNIOR LEAD COACH	SAM PICKERING	Sam will provide support, session plans and feedback to team coaches. He will also oversee the delivery of skill centre sessions.
COACH DEVELOPMENT MANAGER	TBC	Our Coach Developer will provide targeted support & feedback to team coaches.
TECHNICAL DIRECTOR	RYAN EDWARDS	Ryan will provide documentation, support, and guidance to our Junior Lead Coach and Coach Development Manager





CLUB INFORMATION

---

# HOW TO GET INVOLVED IN THE PETONE F.C CLUB COMMUNITY





# POLICY FOR PARENTS

## OUR JUNIOR PARENT CHARTER

Sign on to this parent charter to help us create a positive environment for your child to love the game and maximise their potential.

The purpose of the below rules is to support your child to:

- a) Learn strong values to be a good team member;
- b) Get the positive support they need from you to enjoy the sport; and
- c) Have the development environment they need to patiently and purposefully improve.

## OUR 10 GUIDELINES FOR BEING A GOOD SPORTS PARENT

### Teach your child to be a team player:



- 1) **Teach your child to be a committed team member** - support your child to attend trainings and game days as much as possible.
- 2) **Teach your child the value of good communication** - keep your coach in the loop.
- 3) **Teach your child to embrace new learning** - promote learning from mistakes, trying new positions, & asking for feedback.
- 4) **Teach your child to support all teammates** - encourage your child to be a team-player.

### Support your child to enjoy their sport:



- 5) **Be positive towards your child from the sideline** - provide support only - no instructions/coaching/aggression or anger.
- 6) **Be positive towards the opposition & officials** - Show emotional control - move past bad decisions and thank volunteers for their time.
- 7) **Be a supportive parent on the car trip home.** Avoid giving feedback directly after the game. Find positives, let them talk first or change subjects.
- 8) **Be patient and empathetic to your child's needs.** Promote balance, breaks, and rest - prevent burnout!

### Trust the development process:



- 9) **Trust the coaching, training, and development process.** Provide feedback to the programme and coaches in the windows provided - avoid being a source of constant negativity, complaints, and critiques.
- 10) **Winning is for the players, not the parents or the coaches** - resist emotional reactions to short term results, instead teach your child how to win and lose with a humble development mindset.

Signature\_\_\_\_\_



# TRAINING KIT

## THE CLUB BRAND

### Purpose of the training kit

The training kit has 3 main purposes:

- 1) Helps the coaches to split teams up i.e “bibs vs white shirts”
- 2) Provides the players and teams with an alternative playing kit for games and tournaments to avoid colour clashes etc.
- 3) Builds a sense of belonging and shared identity across the club.

Training kit is worn at Skill Centre training sessions. Playing kit is provided at the clubs expense.

### Buying a training kit

New players to the Skill Centre can purchase the full kit for the reduced price of \$160

Returning players needing new kit items are as priced below.

To order kit please go to the club websites gear page.





# HOW TO BECOME A CLUB VOLUNTEER

## Why become a club volunteer

### Benefits to the club

- 1) Helps the club keep prices low for our programmes improving accessibility for more members.
- 2) Builds positive connections amongst our members.
- 3) Shares the load allowing each volunteer to enjoy their role
- 4) Brings new knowledge and important skillsets to the club that we might otherwise not be able to access.

### Benefits to you as a person:

- 1) Allows you to be meet new people and create lasting friendships .
- 2) Provides balance and a sense of purpose outside to your work-life;
- 3) Enables you to try out, practice, and develop skillsets that can complement your professional life such as team management, organisational skills, and planning skills that can go on your C.V. along with a reference.
- 4) Research has shown community volunteerism can improve mental health and general well-being.

## BECOME A CLUB COACH

The club are always looking for people enthusiastic about coaching and football to join the club coaching team. We are on the lookout for people of all ages that want to develop their coaching knowledge.

**Contact our Director of Football:**  
[ryan@petonefootball.org.nz](mailto:ryan@petonefootball.org.nz)

## BE A CLUB FACILITATOR

The club are looking for people with management, leadership, and/or administrative skills who can help us deliver high quality programmes.

**Contact our Junior Chairman:**  
[juniorchairman@petonefootball.org.nz](mailto:juniorchairman@petonefootball.org.nz)

## BRING A SKILLSET

The club would love for our members to bring their knowledge and skills from their professional life into the club. If you want to contribute to making Petone a leading NZ club we would love to hear how you can support us!

**Contact our Secretary:** [barry@petonefootball.org.nz](mailto:barry@petonefootball.org.nz)



# HOW TO BECOME A CLUB SPONSOR

Please contact [sponsorship@petonefootball.org.nz](mailto:sponsorship@petonefootball.org.nz) if you would like to sponsor one of the below initiatives

JUNIOR WORLD CUP HOLIDAY PROGRAMME	EXPLANATION	SPONSORSHIP VALUE
	<p>The club's junior world cup holiday programme is a fun 3-day event held 4 times a year that is open to all junior aged players in the community.</p> <p>We are looking for sponsorship to help provide an awesome experience for the kids, better equipment, and replica world cup gear. This will give the players as close an experience to a world cup as possible.</p>	<p><b>\$7,000</b></p> <p>PROMOTIONAL BENEFITS</p> <p>(1) Exclusive naming rights to all 4 programmes.</p> <p>(2) Brand exposure on all holiday programme advertisements, communications, and social media posts</p> <p>(3) A business sign displayed at Memorial park</p>
JUNIOR SUMMER 4's PROGRAMME	EXPLANATION	SPONSORSHIP VALUE
	<p>Summer 4's is a fun-filled night each week for 8 weeks where friends come together to dress in their favourite team kit and battle it out for spot prizes.</p> <p>We are looking for a sponsor to help us get new goals &amp; equipment and improve the prizes we can offer to help make each night a blast for the kids!</p>	<p><b>\$5,000</b></p> <p>PROMOTIONAL BENEFITS</p> <p>(1) Exclusive naming rights to the term 1 &amp; 4, summer 4's programmes.</p> <p>(2) Brand exposure on all summer 4's programme advertisements, communications, and social media posts.</p>
PLAYER HARDSHIP FUND	EXPLANATION	SPONSORSHIP VALUE
	<p>The club's wants to see all players from all backgrounds have the same opportunity to play football.</p> <p>The club is building a club hardship fund backed by local people and businesses to help family's in need of financial support.</p>	<p><b>\$3,000</b></p> <p>PROMOTIONAL BENEFITS</p> <p>(1) Named as a supporter of the fund</p> <p>(2) Brand exposure on the club website and all official club communications about the fund.</p>