



FOOTBALL ASSOCIATION/1ST4SPORT LEVEL 1 QUALIFICATION

SOMERSET FOOTBALL ASSOCIATION LTD

EXAMPLES OF FAIR PLAY

1. Shaking hands before the game
2. Not arguing about decisions (being honest)
3. Collecting the ball for the opposition
4. When an opposition goes down injured picking him up with a helping hand
5. When an opposition goes down injured kicking the ball out of play so the Physio can enter the pitch and give help
6. Throwing the ball back to the opposition when the injured player has recovered
7. Retreating 10 yards without being asked
8. Praise good play from the opposition
9. Shake hands at the end of the game
10. Except success and failure, victory and defeat with good grace

EXAMPLES OF UNFAIR PLAY/BAD BEHAVIOUR

1. Foul and abusive language
2. Not retreating 10 yards for a free kick
3. Arguing the with Match Officials (decisions)
4. Time wasting
5. Diving/Cheating/Play Acting
6. Dissent by word or action (Kicking ball away)
7. Coach or Manager shouting at players when they lose
8. Trying to gain ground from a throw in/free kick
9. Telling people they are no good
10. Adopting a win-at-all costs approach
11. Shirt pulling, Pushing, Spiting



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CODE OF CONDUCT

These are designed to specify the roles of those involved in providing a positive experience for young footballers, below is a guide to what these should include. A full Code of Conduct is available from Somerset FA and the FA and. In addition, we include a list of unacceptable behaviour which gets in the way of players enjoyment and their football experience.

ROLE OF COACH/MANAGER

- Organise team matters including selection, training and equipment
- Ensure players understand the Laws of the Game
- In charge of team discipline and encourage self discipline in players
- Encourage sportsmanship and be a positive role model
- In charge of coaching basic skills and tactics

ROLE OF PLAYER

- Play to the best of their ability and within the spirit of the game
- Respect the manager, officials and opponents
- Show commitment including reliability and punctuality
- Self discipline in terms of language and behaviour
- Be prepared to learn, improve and enjoy the game

ROLE OF ADULTS/PARENTS/SUPPORTERS

- Be responsible for transporting players to training and matches
- Support the manager, team and players
- Be positive role models in terms of language, attitude, restraint and sportsmanship
- Show respect to officials and opposition
- Use positive comments one – encourage rather than discourage

ROLE OF REFEREE

- Apply the Laws of the Game with consideration
- When possible explain decisions briefly to players and referee assistants
- Control unruly spectators only through team managers
- Be prepared to use sanctions if spectator's behaviour is intruding on player's enjoyment of the game

UNACCEPTABLE BEHAVIOUR OF ADULTS

- Verbal abuse
- Negative comments
- Entering the field of play
- Obscene or discriminatory language
- Arguing with the officials or oppositions supporters
- Supporting bad behaviour of the players
- Interfering in the managers role
- Racism



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EFFECTIVE WARM UP IN FOOTBALL

What is a Warm Up?

- Warm up is simply a set of activities used to assist the body to gradually and efficiently adapt from a resting state into an optimal state of readiness to train or play

Why should we Warm Up?

- When we train or play, we often ask a lot of effort from our bodies. In the same way that we should not start our car on a cold morning and immediately drive at 100mph, so we should not immediately expect our bodies to be able to perform to the best of their ability without some period of adjustment. As with the car analogy our 'engines' work much more efficiently if they are given time to gradually approach working temperatures

The Main Objectives of a Warm Up are:

1. To allow the systems which allow our bodies to produce energy to get up to speed in preparation for the work they will do.
2. To warm the muscles and connective tissues (tendons and ligaments) and stretch them to their working length to reduce the chance of soft issue injury.
3. To allow us to mentally focus and get ready for the task in hand and practice some of the skills that may be required.

EFFECTIVE COOL DOWN IN FOOTBALL

What is a Cool Down?

- A form of light training or stretching which allows your body to gradually slow down after exercise
- The time at the end of a workout allowing the body to return to near resting levels. Cool down includes an active aerobic cool down and a final cool down consisting of stretching exercises

Why should we Cool Down?

- The purpose of the cool-down is to help return your body to pre-exercise conditions. This includes reducing your heart rate, breathing rate, and core body temperature.

The Main Objectives of a Cool Down are:

1. Prevent blood pooling in your legs
2. Remove lactate from your muscles and blood more quickly
3. Reduce levels of adrenaline in your blood
4. Reduce muscle stiffness and decreases your likelihood of future injury



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OVERUSE INJURY

Overplay is a term used to describe the cause of injuries found in players and athletes due to excessive overuse of specific parts of their body. Young players are particularly vulnerable to “overuse” injuries caused by overplay.

What is an “Overuse” Injury?

An injury involving certain bones or muscles/tendons of the body, which develops over a period of time, due to too much repetitive activity. The injury becomes much worse with continued activity at the same level. It will continue unless correct medical advice and treatment is followed.

Nature of the Problem

The increasing intensity of sport has led to the wider recognition of “overuse” injuries to children and adolescents. Young players now indulge in football with ever increasing intensity of training and competition at ever decreasing ages. It is a fact that, in football, the more gifted players are asked to train more and play more competitive matches than the less gifted. The “catch them young” philosophy and the belief that to achieve high standards it is necessary to start training before puberty is understandable, but the medical interests of the player must not be overlooked. If the player tries to please everybody the sum total of the player’s efforts could lead to serious injury through “overplay”. The risks of injuries caused by “overuse” are now known to be considerable. Injuries due to “overuse” will certainly hinder a young player’s development.

“Overuse” Injury – A Medical Insight

The principles according to which adult’s train and play, cannot be directly applied to young players, but must be adapted to their development. It is during the early and adolescent years of life that the body’s muscles and bones develop and grow. “Growth spurts” occur during this phase. The young player is vulnerable to injury during this period. In children and adolescents who participate in regular training, the muscles can develop more rapidly than the skeleton which maybe hazardous due to the unusual stresses it puts on the skeleton. The growth areas of developing bones are also susceptible to stress from excessive activity. A further factor is that bone grows faster than soft tissues such as muscles and tendons, which become tighter with growth, particularly during “growth spurts”. This loss of flexibility increases the chance of injury. The “fast growers” are particularly at risk.

What to look for – Recognising Problems

Excessive competitive matches and training will reduce safety margins. The risk of “overuse” injury will be increased. “Overuse” conditions caused by excessive participation can often be dismissed as “growing pains” without proper medical diagnosis being sought. The four regions of the body that are particularly affected by “overuse” injuries in footballers are Back, Knee, Shin and Ankle/Heel.

Recognition of “Overuse” Injury

Signs and Symptoms

The following serves to act as a guide. If several of the signs and symptoms are present, a medical opinion should be sought.

- Problem usually comes on gradually and continues whilst player continues to train and play
- Main symptoms are aching, discomfort or pain in the area of the problem
- Pain where particular movement is performed
- No history of direct injury
- Player may complain of stiffness/aching after or during training or competition
- Several hours/days for player to become “pain free” following training/match
- Player may demonstrate tenderness to touch or pressure over affected area
- Visible swelling maybe present in the case of “overuse” injury affecting the knee or heel area



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- Player shows history of missing training sessions or matches due to the injury
- The problem does not go away. It will get progressively worse with continued activity

What to Do? – Action to be taken if you suspect “overuse” injury

Pain, swelling, tenderness and aching are nature’s way of informing us that something is wrong with our body. If some, or all of the signs and symptoms outlined previously are present, then a medical opinion should be sought.

The player’s family doctor (or club medical officer/Physio), should be consulted. He/she will then advise the player and his/her parents as to the course of action and arrange further consultations and tests, if thought necessary.

Conclusion

Keeping your “eyes and ears open” is an important factor in recognising an “overplay/overuse” injury. In many instances, potential problems can be minimised by early recognition and prompt action.

Each coach needs to strongly consider:

- The amount of training and number of competitive matches a young gifted player is asked to be involved in
- That a player’s activities should be partly aimed at success and partly at enjoyment
- NEVER dismiss signs and symptoms stated previously

The chances that an “overuse” injury sustained in a young player’s career could lead to further medical problems later in the player’s career are real. Careers are shortened by non-recognition or poor action in the early years.

All concerned must play their part in ensuring that our best young players are protected.



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TYPICAL GROWTH AND DEVELOPMENT STAGES OF CHILDREN

Five Years

- Usually self-confident and show off
- Able to be generous and friendly
- Love to learn new things
- Have good control of emotions
- Can be persistent in learning a new skill
- Ask lots of questions
- Can play alone for long periods but like to play with others
- Love stories and have a lively busy mind
- Need lots of encouragement and approval for achievements from adults

Six Years

- Tend to be irritable and rebellious but can be friendly and helpful
- Very curious
- Find failure difficult
- Begin to read and need help from adults
- May have a particular friend
- Need lots of rest and sleep

Seven Years

- Very active and energetic
- Find difficulty in controlling own energy
- Enjoy reading and watching television
- Less dependant on adults
- Need lots of rest and sleep

Eight to Eleven Years

- Well co-ordinated in terms of physical activity
- Emotionally independent of adults
- Able to control emotions to large extent
- Need adults to give firm boundaries
- Argumentative
- Know good from bad, true from false
- Sizes up adults – important to be believed
- Sexually curious but in thought rather than deed
- Very perceptive
- Listen to adults and are trustful in matters considered important

Adolescent (12 – 15 Years)

- Time of flux and change
- Need to have solid base against which to rebel
- Fluctuate between childlike and adult behaviour
- Bodily changes occur
- Developing self identity, testing out and experimenting socially
- Very important to be believed by adults



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CHARTER STANDARD

The Charter Standard for Clubs was introduced to raise standards, recognise good practice and reward quality. There are now 4 awards as described below.

Charter Standard Club

Any Club with a youth team only or adult and youth teams can apply to be a Charter Standard Club. The Club must have the following in order to achieve the award:

- Written Constitution that makes reference to Affiliation, Membership and Disciplinary Procedures, Child Protection, Equity, Accounts, Management Committee and AGM/Additional Meetings
- Follow the FA Child Protection Policy and Procedures and have a Club Welfare Officer that has attended the FA Child Protection and Best Practice Workshop and completed a CRB check through the FA
- From January 2007 all volunteers with unsupervised access to children must have completed a CRB check through the FA
- All Managers and Coaches have a minimum JTM/Level 1 Qualification, from August 2007 the JTM will not be recognised for any new clubs applying for Charter Standard and from Jan 2009 the JTM will not be recognised for any club renewing Charter Standard
- Have a Code of Conduct for Parents/Spectators, Players, Team Officials and Coaches/Managers
- Will commit to attend at least one in-service training day
- Supply evidence as follows: Constitution, Committee Minutes, AGM Minutes, Annual Accounts, Public Liability, Copy Certificates for coaches/managers and Club Welfare Officer

Charter Standard Adults

Any Club with an adult team only can apply to be a Charter Standard Adult Club. The Club must have the following in order to achieve the award:

- Written Constitution that makes reference to Affiliation, Membership and Disciplinary Procedures, Equity, Accounts, Management Committee and AGM/Additional Meetings
- Public Liability
- Adhere to the FA Child Protection Policy and Procedures
- Have a Code of Conduct for Parents/Spectators, Players, Team Officials and Coaches/Managers
- Each Manager/Coach must have a qualified first aider for each team that has a First Aid Certificate
- Will commit to attending in-service training days and the Adult Level 1 Coaching Course
- Supply evidence as follows: Constitution, Committee Minutes, AGM Minutes, Annual Accounts, Public Liability, Copy Certificates for first aiders

Charter Standard Development Club

Any Club with a youth team only or adult and youth teams can apply to be a Charter Standard Development Club. The Club must achieve all the criteria for the Club award as well as the following in order to achieve the award:

- A Development Plan including recruitment/retention, mini soccer, links with schools, boys/girls football, staff development programme, development of new teams and exit routes
- Offers at least 5 teams at 4 age groups
- At least one Manager/Coach is qualified to Level 2
- Will commit to attending two in-service training days

Charter Standard Community Club

This is the pinnacle of the Charter Standard awards and focuses on development within Clubs. Any Club can apply to be a Charter Standard Community Club. The Club must achieve all the criteria for the Club and Development award as well as the following in order to achieve the award:



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- Minimum of 10 teams to include Mini Soccer, Youth to Adult and a minimum of 1 male/female team
- A Development Plan including development of new teams, links to schools, volunteers, coach education, disability, referee development, in-service training, links to clubs and professional clubs and communication plans
- Schools Liaison Officer
- Volunteer Co-ordinator

Benefits Package

From the FA

- FA Charter Standard Club certificate
- FA Logo to use on letter head
- Starter Pack – Posters, Certificates, Codes of Conducts
- Local/National awards programme
- Foundation bids support
- Kit and Equipment Grants

From Somerset FA

- Support from County and Staff
- Charter Standard Festival
- In-Service Training Days
- Financial Support
- Monitoring and Evaluation

Application Process

- Apply to County Football Association
- Assistance can be gained through FDO
- Renewal every 3 years