



Training and Team Selection Policy

The Donvale Football Club adheres to the Eastern Football League's (EFL) policies and guidelines, as well as the AFL Community Club guidelines.

1. Statement

The aim of the Donvale Football Club is to provide all players with an opportunity to participate in Australian Rules football. The Club is committed to the development of all its players.

The Club provides a pathway by encouraging children to participate in Auskick, then play junior football during their younger years, with the hope that they will go on to play senior football.

This policy has been developed to provide all players with an opportunity to actively train and participate, have fun, and to achieve their full potential.

2. Training (in General)

All players of the same age group are to train together as a squad on the same night(s).

Coaches can break up players into groups for specialized training and/or drills but training is not to be conducted in a way that creates separate teams within one age group.

Reasons for this are:

- Players are able to judge their ability and improvement against their peers.
- Coaches are also able to judge players potential & improvement.
- Players have a feeling of belonging to one squad/team.
- Players get to know the team's style of play
- Promotes one squad

3. Under 9's and 10's

The Club believes strongly in the equality of opportunities given to players in the Under 9s and 10s. Players should be provided equal game time, although this may need to be averaged out over several weeks. Similarly players should be provided with the opportunity to play in all positions, although this may need to be averaged out over several weeks. We believe this to be the best way to provide young footballers with all round development regardless of their level of ability.

At this age level the focus is on the development of players' skills, knowledge of the fundamentals of team play & having fun.



Consideration should also be given to:

- Continued development of each player no matter their ability
- All players on the ground as close to three quarters per game in the home and away games of the season
- The player size, strengths, weaknesses and skills so that a reasonable balance can be achieved in the individual team selection and positioning.

3.1 Under 9's and 10's training

- The Under 9s and 10s shall train one night a week.
- The Coach will advise the location, timing and duration of training.
- Players are encouraged to attend training and to participate in a cooperative manner.
- Non- attendance at training may affect a player's selection or game time.
- If there are more than 24 registered players in a team then a random roster system will be used.
- Players must wear mouthguards during 'competitive training drills' at training.
- Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions.

Parents are expected to remain at training. They are also encouraged to assist the Coach with training.

4. Under 11's and 12's

Some players in the Under 11's and 12's have developed good skills and are able to perform at a faster pace, which places them at a more competitive level in a match situation. However, some players are still in the early stages of understanding the game and developing their skills. In many ways this is a transitional period as the players' progress into a more competitive environment.

In these age groups the emphasis is placed on participation and enjoyment. Additional focus is placed on skill development and team work supplemented through set plays and positioning.

The Club believes strongly in providing equal opportunities to players in the Under 11's and 12's. Players should be provided equal game time, although this may need to be averaged out over several weeks. While some players at this age become naturally suited to set positions, we encourage players to try various positions. We believe this to be the best way to provide young footballers with all round development regardless of their level of ability.



4.1 Under 11's and 12's training

- The Under 11's and 12's shall train one night a week.
- The Coach will advise the location, timing and duration of training.
- Players are encouraged to attend training and to participate in a cooperative manner.
- Non-attendance at training may affect a player's selection or game time.
- If there are more than 24 registered players in a team then a random roster system will be used.
- Players must wear mouthguards during 'competitive training drills' at training.
- Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions.

Parents are expected to remain at training. They are also encouraged to assist the Coach with training.

5. Under 13's, 14's and 15's

Many players in the Under 13's, Under 14's and Under 15's have developed good skills with some even playing representative football while others are still developing.

This can be a difficult time as players mature at different rates: individual players can grow rapidly leading to significant differences in size, ability, confidence and maturity.

In these age groups there is still an emphasis on participation and enjoyment but with an increasing focus on development as the players mature.

The Club believes strongly in providing equal opportunities to players in the Under 13's, 14's and 15's. Players should be provided equal game time, although this may need to be averaged out over several weeks. Players are still encouraged to try various positions while recognizing that this is a time when players can begin to specialize as they develop and mature.

5.1 Under 13's, 14's and 15's training

- The Under 13s – 15s shall train for two nights a week.
- The Coach will advise the location, timing and duration of training.
- Players must wear mouthguards during 'competitive training drills' at training.
- Non-attendance at training may affect a player's selection or game time.
- If there are more than 24 registered players in a team then the players that have attended training will be given precedence for selection and game time. Also, a random roster system may be introduced, in order to provide all players with equal game time.
- Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions.

Accordingly, parents are expected to remain at training. They are also encouraged to assist the Coach with training.



6. Under 16's and 17's

By this stage we expect that most players will have developed good skills and a sound understanding of the game. While the Coach has overall responsibility for the development and well-being of the team we expect players to become more accountable and take greater responsibilities for their training and performance.

At this age, some players are aspiring to play senior football at Donvale, or in a higher league, while others are less driven to play senior football. Hence it can be a difficult period with players having various aspirations. Our aim is to help the players develop to the best of their abilities and while the Club will seek to achieve this, it will very much depend on the desires of the players and their individual commitment to not only training but their own development.

6.1 Under 16's and 17's training

- The Under 17s shall train two nights a week.
- The Coach will advise the location, timing and duration of training.
- Players are encouraged to attend training and to participate in a cooperative manner.
- Non-attendance at training may affect a player's selection or game time where the Coach believe that the player's failure to regularly attend training could prejudice the player's skill development and the ability to effectively compete on game day.
- If there are more than 24 registered players in a team then the players that have attended training will be given precedence for selection and game time. Also, a random roster system may be introduced, in order to provide all players with equal game time.
- Players must wear mouthguards during 'competitive training drills' at training.
- Training may also be cancelled due to excessive heat, inclement weather or poor ground conditions.

Accordingly, parents are expected to remain at training. They are also encouraged to assist the Coach with training.

7.0 Captain Selection

It is club policy that the opportunities for players to develop leadership skills are maximized. From Under 9's to Under 11's, the position of captains and Vice-Captains will be rotated weekly, although the coach may choose specific team leaders for all finals games.

From the Under 12's teams and above, the coach may choose captains, vice captains, team leaders and leadership groups for the season. Or alternatively, the coach may have the players of each team vote for the captain, vice- captain, team leaders and other leadership groups within the team.



8.0 Finals Policy

Every player participating in all finals games are required to play a minimum of 1 quarter of football with a recommendation by the Committee of 2 quarters where possible.

The Coach's discretion should be used in regard to the above with consideration to team structure and team balance.