

## COACHES

Our youth coaches aim to use appropriate activities to give the players broad, high quality training in the basics of youth football. The coaches should protect and develop the association's core values; community, cohesion and comradeship, and should inspire players to adopt a healthy lifestyle and a positive view of those around them.

*To achieve these goals, we expect that all coaches act in line with the following guidelines:*

- Remember that when you are wearing Hvetlanda GIF's team clothing you are representing an association.
- Coach, encourage and motivate your players in a positive manner.
- Use appropriate language.
- Show respect for coaches, opponents, referees and officials.
- Notice and oppose bullying and other insulting treatment.
- Arrive in good time and be well-prepared for practice sessions and matches.
- Complete practice sessions and matches with feedback. Encourage!
- Be aware of alcohol and drug use because these do not go together with sport.
- Inform your players of the importance of preparing themselves before practice sessions and matches.
- Participate as far as possible in events organised by the association.

## PLAYERS

As a player, you are an important person in the association, and an important part of the team.

Together with coaches and fellow players you invest a lot of time and energy developing as a football player, as a person and as a team.

Players who don't behave according to the association's guidelines for youth football may be excluded from practice sessions/matches.

*For the association to work as well as possible, it has the following expectations of you as a player.*

- Remember that when you are wearing Hvetlanda GIF's team clothing you are representing an association.
- Be a good comrade – encourage and motivate your fellow players.
- Use appropriate language.
- Show respect for coaches, your fellow players, opponents, referees and officials.
- Oppose bullying and other insulting treatment.
- Come prepared for practice sessions and matches. Be careful in terms of food, drink and sleep.
- Participate actively and always do your best at practice sessions and in matches.
- Let your coach know if you cannot participate in a training session or match.
- Leave the changing room in the state it was when you found it.
- Do not consume alcohol or drugs.

## PARENTS AND GUARDIANS

As a parent or guardian you are extremely important in our work with youth football. It is important that you respect and protect the association's core values; community, cohesion and comradeship, and that you inspire players to adopt a healthy lifestyle and a positive view of those around them.

### *Remember:*

- The association's coaches are responsible for instructions and coaching during practice and matches.
- Show interest in your child's practice sessions and matches. Ask if the match was exciting and fun – not just about the result.
- Encourage your child both in good and bad times. Don't criticise; instead give positive and helpful feedback.
- Encourage all players in the team – not just your own child.
- Teach the child the importance of hygiene, diet and sleep.
- Ensure that your child always arrives on time for practice sessions and matches and has the right equipment.
- The association is grateful for your help with things like travel to away matches, kiosk and lottery sales. Please ask what we need help with.
- Show respect for referees. Never criticise their decisions. The referees are often young and undergoing training.

## Practice sessions and matches for players up to 12 years of age

- Provide the association's children and young people with opportunities for stimulation and development through well-planned practice sessions from committed coaches.
- As many as possible, as long as possible, as good as possible.
- Player selection does not occur in these age groups.
- Players play and train in their own age group unless there are special or social reasons otherwise.
- Number of practices up to age 8: 1-2 sessions/week.
- Number of practices age 9-12: 2-3 sessions/week.
- The association emphasises that it is as important to complete a winter sports season as it is to complete a football season.

Our aim is to have fun together!

## Practice sessions and matches for players from 13 years of age

- As many as possible, as long as possible, as good as possible.
- Through high-quality practice sessions and matches under the guidance of trained coaches the association's young people are prepared for future senior football.
- Number of practices: 2-4 sessions/week.
- Collaborate upwards so that the players can get to train and play matches with older players but who still belong to the same age group.
- Extra goalkeeper training with instructor a few times per season.
- In district championships from age 14 and up, selection of the team is permitted.

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## CUP MATCHES – TRAINING CAMPS

### Cup matches

The association pays the entry fee to a maximum of two cups per season for youth teams. The association also pays a coach allowance of a maximum of SEK 750 per cup and per coach. The coach allowance relates to participation in two cups per season.

### Training camp

In the case of participation in Småland Football Federation training camps, the association pays 50% of the entry fee.

In the case of selection for the Västervik camp and further selection after this camp, the association pays the entire cost.

### Coach allowance

Each coach is entitled to an allowance of SEK 500 per season. The allowance should be used for the selection of association clothing from the association's collaboration partners according to the association profile.