



SOUTH EAST JUNIORS

LITTLE DEMONS DAY

AFL South East | Melbourne FC | South East Juniors

Casey Fields | Sunday 7 April, 2019



Handbook Contents

CONTENT	PAGE
Match Day Coaching	3
AFL Coaches' Code of Conduct	5
Junior Match Structure Under 8s + Under 10 Girls	8
Junior Match Structure Under 9s + 10s	10
Little Demons Day Format	12
Little Demons Day Ground Parking + Entry	16
Little Demons Day Ground Allocations Under 8s + 9s	17
Little Demons Day Ground Allocations Under 10s	18
Little Demons Day Marquee Allocations	19
CROSSRAY+ by HeatStrip Special Offer	21
Little Demons Day Event Partners	23



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Match Day Coaching

Club Coaches/Assistance Coaches are required to follow the Match Day Coaching Information:

- Understand and adhere to AFL Junior Match Policy.
- Provide appropriate warm-up exercises incorporating use of footballs.
- Ensure that players have the right equipment (*ie. mouth guards and boots*).
- Focus on teaching children the game, not solely on winning the game.
- Prepare the pre-match talk beforehand and consider what to say to individuals and groups (*e.g. forward-line players*) and what to say to the whole group.
- Talk to players individually and in small groups about their responsibilities as they are getting ready.
- Ensure players are aware of zones they are starting in.
- Make sure all players are attentive and focused when being spoken to.
- Do not address the whole group for longer than 60 seconds and keep it simple.
- Use words and expressions they have heard before to enhance understanding.
- Be positive and encouraging.



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Match Day Coaching (cont.)

- Feedback during game breaks should refer to the playing conditions, skill strengths and areas for improvement, position play, good efforts from groups or individuals and plans for the next stage of the game.
- Post-game review should be positive and cover what the team did well, what the team could do better next time, acknowledge individual efforts and performance.

Source: Adapted from coach.afl

The ONLY ✓ list you need when coaching throughout 2019:

- | | | |
|----------------|-------------------|---------------------------------|
| ✓ Make it fun | ✓ Include | ✓ Engage |
| ✓ Say less | ✓ Be a role model | ✓ Reflect |
| ✓ Empower THEM | ✓ Smile | ✓ Remember it's NEVER about you |
| ✓ Enthuse | ✓ Build community | ✓ Go to 1 |
| | ✓ Let them play | |

AFL Coaches' Code of Conduct

I understand that as an integral component of my AFL National Coaching Accreditation, I must maintain a standard of behaviour and conduct in the best interests of the sport of Australian football and the players and/or staff in my care. I commit to doing this to the best of my ability, and to uphold the following requirements of the AFL Coaches' Code of Conduct whilst representing myself and the Australian Football League (AFL)."

1. I will respect all individuals within the context of my involvement in Australian football, and will refrain from any discriminatory practices including, but not limited to, discrimination on the basis of race, religion, gender, ethnic background, special ability/disability or sexual orientation, preference or identity.
2. I will abide by and teach the AFL Laws of the Game and the Rules of my Club and League/Association.
3. I will be reasonable in the demands I make on the time commitments of the players in my care, having consideration for their health and well-being.
4. I will be supportive at all times and I will refrain from any form of personal or physical abuse and unnecessary physical contact with the players in my care.

AFL Coaches' Code of Conduct (cont.)

5. I will show consideration for varying maturity and levels of ability of my players when designing practice schedules, practice activities and involvement in football competition.
6. Where I am responsible for players in the 5-18 year old age group, I will use best endeavours to ensure that players gain equal playing time.
7. I will monitor and ensure the safety of players in my care.
8. In recognising injury and sickness, I will seek and follow the physician's advice concerning the participation and / or return to training of injured or ill players.
9. I will keep up to date with the principles of coaching and skill development, and of factors relating to the welfare of my players.
10. I will at all times display and teach appropriate sporting behaviour, ensuring that players understand and practice fair play.
11. I will display and foster respect for umpires, opponents, coaches, administrators, officials, parents and spectators.
12. I will ensure that players are involved in a positive environment where skill learning and development are priorities are not overshadowed by a desire to win.

AFL Coaches' Code of Conduct *(cont.)*

13. I reject the use of performance enhancing substances in sport and will abide by the guidelines in the AFL Anti-Doping policy.
14. I acknowledge that the AFL, or a body affiliated with the AFL, may take disciplinary action against me if I breach any part of this Code of Conduct. I understand that the AFL, or a body affiliated with the AFL, is required to implement a complaints handling procedure in accordance with the principles of natural justice, in the event of an allegation against me.
15. I acknowledge that disciplinary action against me may include de-registration as a Coach and a member of CoachAFL.
16. I have read, understood and agree to be bound by the Terms and Conditions of Accreditation as a coach and member of CoachAFL.

Junior Match Structure | Under 8s + Under 10 Girls

RULES + REGULATIONS Under 8s + Under 10 Girls	
Phase	Introductory
Players (min-max)	12 a side
Evening Up	Teams are to play with even numbers on any given match. The team with the greater numbers MUST lend players to the opposing team.
Maximum Ground Size/Use of Zones	80m x 60m (oval to run across the ground wing to wing) 3 equal zones
Match Length	4 x 12 mins
Break Length	3 – 5 – 3
Competition Details	<ul style="list-style-type: none"> - No scores, ladders or finals permitted - No recording of best players and goal kickers permitted - No representative teams
Contact	<p>No tackle or bump.</p> <p>There is absolutely no contact or spoiling, except when accidental in nature.</p>
Ball Size	Synthetic size 2

Junior Match Structure | Under 8s + Under 10 Girls (cont.)

RULES + REGULATIONS Under 8s + Under 10 Girls	
Umpiring	2 x Field – made up of 1 Coach or Assistant Coach from each team 2 Goal – Club supplied
Coaching Position	On-Field
Bounces	1 Bounce
Marking	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or makes a reasonable attempt to mark it.
Out of Bounds	<ul style="list-style-type: none"> - If the ball goes out of bounds from a kick, hands or if there is doubt, the umpire shall call a ball-up 10m in from the boundary. - A free kick will be awarded if the ball is kicked out of bounds on the full as per the Laws of The Game
Kick off the Ground	Not permitted
Stealing, smothering, shepherding, barging	Not permitted
Penalties	No distance penalty applies. Players can be ordered off at the discretion of the coach.

Junior Match Structure | Under 9s + 10s

RULES + REGULATIONS Under 9s + 10s	
Phase	Development
Players (min-max)	15 a side
Evening Up	Teams are to play with even numbers on any given match. The team with the greater numbers MUST lend players to the opposing team.
Maximum Ground Size/Use of Zones	100m x 80m (U9 same as U8 set up) (U10 refer to transition document) 3 equal zones
Match Length	4 x 12 mins
Break Length	3 – 5 – 3
Competition Details	<ul style="list-style-type: none"> - No scores, ladders or finals - No recording of best players and goal kickers permitted - No representative teams
Contact	<ul style="list-style-type: none"> - Modified tackle/ no bump - Players cannot bump/push an opponent, knock/steal the ball out of their hands or smother an opponent's kick
Ball Size	Synthetic size 2

Junior Match Structure | Under 9s + 10s (cont.)

RULES + REGULATIONS Under 9s + 10s	
Umpiring	2 x Field – made up of 1 Coach or Assistant Coach from each team 2 Goal – Club supplied
Coaching Position	On-Field
Bounces	1 Bounce
Marking	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or shows control.
Out of Bounds	<ul style="list-style-type: none"> - If the ball goes out of bounds from a kick, hands or if there is doubt, the umpire shall call a ball-up 10m in from the boundary. - A free kick will be awarded if the ball is kicked out of bounds on the full as per the Laws of The Game
Kick off the Ground	Not permitted
Stealing, smothering, shepherding, barging	Not permitted
Penalties	<p>10m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way.</p> <p>Players can be ordered off at the discretion of the coach.</p>

ENTRY

- Gates will open at 8am
- \$5 per adult
- Children under 17 – FREE

Team Managers to advise parents/adults of entry fee

MATCH DAY RULES

- AFL Junior Match Rules apply for all ages

BRIEFING SESSION

- Coaches are required to attend a 10 minute Little Demons Day Briefing Session prior to the commencement of matches
 - **Under 8s + Under 9s** – 8.20am for a 8.30am start
 - **Under 10s + Under 10 Girls** – 11.50pm for a 12pm start
- Sessions conducted by Football Development Managers on the day in upstairs Function Room

Team Managers to advise parents/adults of entry fee

TEAM SHEETS

- Team Managers of each Club are to produce Team Sheets for each match using Footyweb system
- Players are required to sign each sheet
- Team Managers are to retain their Team Sheets for the day and return them to their Club before the end of Round 3.
 - Team Sheets are not required to be swapped with the opposing Club before the match

TEAMS + PLAYERS

- Each Team will be allocated a Marquee to store their belongs
- First named Team **MUST** supply the match football for each match
 - **Under 8s + Under 10 Girls** – Synthetic size 2
 - **Under 9s + Under 10s** – Synthetic size 2
- All players are to wear HOME shorts for each match
- All players **MUST** wear arm bands

MATCH SCHEDULE

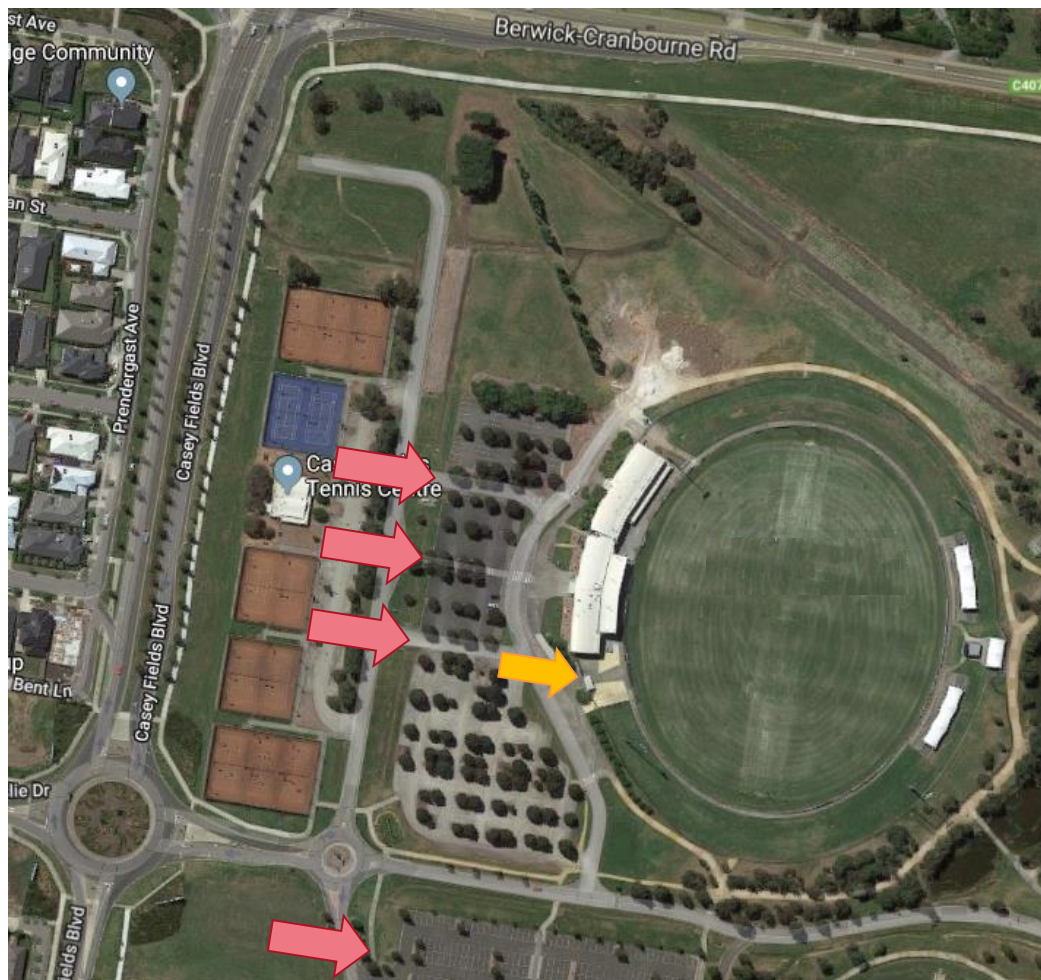
- Fixtures will be sent to each Club and can be found on the AFLSE website and the Match Day App
- **Under 8s + Under 10 Girls** – 12 players on the field
- **Under 9s + Under 10s** – 15 players on the field
- 2 x 12 minute halves
 - 1 minute half time break
 - Siren will sound regardless if teams are ready to play or not
- To start the match
 - **Under 8s + Under 9s** – first named teams shall kick to the main grandstand end
 - **Under 10s + Under 10 Girls** – first named teams shall kick to Berwick-Cranbourne Road end
- At half time, players will remain where they are on the field and only kicking ends will change.
 - *ie. Backs become forwards, forwards become backs*
 - Recommend to interchange players in the mid zone

OFFICIALS

- **1 x Coach** (or Assistant Coach) and **1 x Goal Umpire** to be supplied by each competing team
 - Officials to be in position before scheduled starting times
- **Trainers/Level 1 First Aiders** are not permitted on the field during matches (unless attending to an injury)
- **Runners** and **Water Carriers** are not required for Under 8s, 9s or 10s
- Club **Time Keepers** are not required
- All Coaches (or Assistant Coach), Team Managers and Trainers must wear the correct South East Junior Bibs
- All Club Officials and interchange players are the only people permitted on the field in the designated interchange area during the match, and must remain in this area
 - Interchange areas will be clearly marked out in cones for each competing team
 - Parents/spectators must remain behind the fencing of the ground at all times.

Team Managers to inform parents/spectators to remain behind the fence

PARKING + ENTRY



-  Car Parking
-  Oval Entry

UNDER 8s + UNDER 9s



-  Ground Allocations
-  Club Tents
-  Melbourne FC Tent
-  St John's Ambulance
-  Canteen Facilities
-  Toilets

UNDER 10s + UNDER 10 GIRLS



-  Ground Allocations
-  Club Tents
-  Melbourne FC Tent
-  St John's Ambulance
-  Canteen Facilities
-  Toilets

Little Demons Day | Under 8s + Under 9s Marquee Allocations

MORNING SESSION

Marquee Number	Clubs
1	Beaconsfield Blue + Gold
2	Berwick Blue + White
3	Berwick Springs Blue + Green
4	Berwick North Noble Park
5	Cardinia Tigers Cora Lynn
6	Cranbourne Blue Hampton Park
7	Endeavour Hills Endeavour Falcons

Marquee Number	Clubs
8	Fountain Gate Koo Wee Rup
9	Lyndhurst Blue + Orange
10	Nar Nar Goon Tooradin-Dalmore
11	Narre North Foxes Black + Grey
12	Narre South Lions Narre Warren Black
13	Officer Black + Blue + White
14	Pakenham Blue + Maroon



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Little Demons Day | Under 10s Marquee Allocations

AFTERNOON SESSION

Marquee Number	Clubs
1	Beaconsfield Blue + Gold
2	Berwick Blue + Red
3	Berwick Springs Blue + Green
4	Berwick North Noble Park
5	Cora Lynn Hampton Park
6	Cranbourne Blue + Gold
7	Endeavour Hills Endeavour Falcons

Marquee Number	Clubs
8	Fountain Gate Koo Wee Rup
9	Lyndhurst Blue + Orange
10	Nar Nar Goon Tooradin-Dalmore
11	Narre North Foxes Black + Grey
12	Narre South Lions Narre Warren Black
13	Officer Black + Blue + White
14	Pakenham Blue + Maroon



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LITTLE DEMONS DAY



A SIZZLING 25% DISCOUNT ON CROSSRAY BBQ's

Our valued partners at CROSSRAY BBQ's have put together the Special Offer of a
25% discount for the AFL South East Community
for BBQ's and accessories supplied direct from CROSSRAY!

And the Special Offer doesn't end there with free delivery to anywhere in Victoria.
Until 30 April, 2019 – savings can be made to up to \$500!

How do you buy the BBQ?

Simply contact CROSSRAY direct on

Email: sales@crossray.com.au | Phone: 03 9562 3455 | Facebook: [Crossray+BBQAustralia](https://www.facebook.com/Crossray+BBQAustralia)

Use Code "LITTLEDEMONSDAY" when ordering *(valid until 30 April, 2019)*



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A SIZZLING 25% DISCOUNT ON CROSSRAY BBQ's

Our valued partners at CROSSRAY BBQ's have put together the Special Offer of a **25% discount for the AFL South East Community** for BBQ's and accessories supplied direct from CROSSRAY!

The special 25% discount applies to the following CROSSRAY products.

MODEL	RRP	AFLSE Special Nett Price
4 Burner CROSSRAY BBQ with Trolley	\$1,999	\$1,499
4 Burner CROSSRAY BBQ, In-Built	\$1,499	\$1,124.25
2 Burner CROSSRAY BBQ with Trolley	\$1,699	\$1,274.25
4 Burner CROSSRAY BBQ, In-Built	\$1,199	\$899.25



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