



Stanmore Hawks FC

THE HAWK'S NEST

COACHES NEWSLETTER

Welcome to the club's first ever newsletter dedicated to better coaching.

Sport across the globe has been severely impacted by COVID-19. While much of the media attention has been towards the professional end of sport and the loss of broadcast revenues, for us at Stanmore Hawks our biggest concern is the lost time between our coaches & players. Every hour of coaching time that is missed is a strike against the core purpose of our club & coaches which is to help our players better understand themselves and the game of football.

Did you know that we have a club vision for our club & players ?

FOR OUR CLUB.

- Develop our own players, less recruiting of others.
- Reputation for an excellent coaching environment.

FOR OUR PLAYERS.

- Play at the highest level - some
- Play for Stanmore - more
- Stay in the game - all

Why "The Hawk's Nest" ?

Coaching is all about player and team performance. At Stanmore Hawks we have a proud history of first team performance but this does not detract from the development of our youngest players. This is why our coaching newsletter is called the "Hawk's Nest". A big part of our club is a nursery for aspiring young Soccerroos and players who simply love playing the beautiful game.



Introducing our Head Coach, Ben Rollison.

Heading into the 2020 season, Stanmore Hawks FC 1st grade was in a strong position for silverware. A significant factor was the return of head coach Ben Rollison who coached the side to minor premiers in 2019 and was voted NPL coach of the year.

Ben is dedicated and works full time in football. He is currently the head of football at a well known private school in the eastern suburbs.

" Stanmore's coaching team is like one big family. The environment that the coaches have created is the best I have been involved with."

Ben trusts that Stanmore's football first culture will help develop players, coaches and staff to grow our game and our club.

Following and Creating Best Practices in Youth Football.

It seems a long time ago that we had our season launch and I got the opportunity to outline our 'DNA' for player development. This newsletter provides me another chance to provide an insight into what we believe and what we have been putting in place in the youth development phase.



I, Ben (first grade Head Coach), the coaching team, and committee members are clear that we want to provide a player pathway at Stanmore where we put the player first. In the near future we want our first-grade team to be full of players who have come through our youth development program.

We want to change a system that currently sees an annual turnover of players & coaches. Instead we want to develop our own.



That means we must do things a little differently. Although we have lots of ideas that we will share in the future here are some of the things that we do now that puts player development first:

- Coaches plan monthly coaching plans that focus on one of six 'coaching themes'. These themes relate to possession/out of possession and transition game moments in particular areas of the pitch. Coaching plans of course include detailed tactical and technical focus but also set targets for the social and psychological development of players.
- Players in the 13/14/15s will play in at least two different positions over the season.
- Teams will play at least two different formations over the season.
- Some players will occasionally play up an age group

Everything that we will try to do flows from our club vision of 'excellence in youth development' and is influenced by international best practice and evidence-based practices in youth development environments. We can now articulate what successful outcomes are for Stanmore Hawks players, how our teams play, and the characteristics our players should learn.

On occasions decisions that are best for long-term player development can sometimes impact on a team winning but we believe it is more important to develop players that can progress to our first grade team, play at a higher level, and most importantly learn the game, love the game, and stay in the game.

Gareth Long (Technical Director - Youth)

