



Stanmore Hawks FC

THE HAWK'S NEST

COACHES NEWSLETTER

We made it, edition # 2, despite COVID-19.

Sport continues to be impacted by COVID-19. Our club had first hand experience recently when NSW Health notified us about a game where an opposition player had tested positive to the virus. As we write this our u15's team is in 2 weeks isolation. It was an interesting experience for the whole club but it also reinforced the importance of our football program and how we need to press on. Throughout the pandemic we have taken on the governments guidelines and this shone through during the recent challenge. We wish our boys and their families a speedy end to the lock down and seeing them back on the field.

Our club vision:

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 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 Socceros and players who simple love playing the beautiful game.



Under 15's Coach, Karim Nasser.

Position specialisation tends to happen earlier and earlier in youth football. A coach will identify something they like in a young athlete, usually a physical attribute, and seek to fit them into their system of play to achieve immediate best results. That athlete is then pigeonholed into that position for most of their youth football career and only feels comfortable playing there. But what happens post-puberty and after youth football when those physical advantages have evened out? In order to develop the most well-rounded and technically gifted players, youth footballers need to be exposed to as many positions as possible, all the way through to 18's. No one grows or learns from remaining comfortable in a position they've played for multiple years.

Great youth systems all over the world do this. Arsenal's development of 18 year old Bukayo Saka has seen him start for their 1st team at left wing, left back, right wing and centre mid. Liverpool's Trent Alexander Arnold played as winger, centre back, centre mid, right mid and then became one of the world's best right-backs at age 20.

If you've played just one position for the last 8 years, the likelihood of getting picked drops significantly when you're competing against another athlete that can be slotted into and trusted to perform well at different positions on the field. By playing different roles on the pitch and gaining a different physical perspective of the game, you grow as a footballer.

“Every game is always about the kids” ... Club President.

A few weeks ago we hosted the Newcastle Jets Academy youth teams at Arlington Oval. This was a series of a games I was seriously concerned about. We have a very young squad of players especially in the u13's with most playing NPL football for the first time. The Jets side



however is more experienced and being part of the A-League club have resources that we could only ever dream of. Their record leading up to our game was daunting with many one sided affairs and goals into double digits. Mid week before

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



the game I contacted our Youth Technical Director and discussed how to best manage the players through what was going to be a deflating defeat. As a business owner I know about the ups and downs in life and Gareth and I agreed that we needed to focus on the positives for the game. So we changed the focus of the game a little and asked the players to tell us how we should judge success? This is what they said ..

- We have stuck to the game plan.
- We don't give up
- We encourage
- We give our direct opponent a tough game

I was so impressed by their response. It also reinforced in my mind that our program is working.

The games was a heavy defeat and there is now sugar coating it, the boys were deflated and upset. The coaches and parents took over from there.

On the following training session, we had 2 players from our senior mens 1st grade team attend the training session to talk to the players about the importance of how to positively respond after a difficult game. A big thanks to Jovan Blagojevic & Nick Carosi for their care and guidance. This was a first class effort in team work by all involved.

George Phillips, Club President.

