



Coaches & Managers Handbook

2025 season



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Welcome

Welcome to another exciting Football Season and for some, your very first. We would like to thank you for volunteering your time and efforts. Without your assistance, it would be difficult to offer players in our community the opportunity to play football for our club. We are proud of our reputation in providing a safe and family friendly environment. We expect all our volunteers to do their best to maintain this tradition.

This handbook is designed to provide you with basic information, including relevant club website links, for your role as a coach, manager and/or official. Detailed information on all aspects of the club's activities is published on our website at: www.monaropanthers.com.au.

The website is updated on a regular basis and we recommend that you regularly access the website for the latest club news and key information, such as player and team requirements and events.

Remember, if you need to clarify anything you have read in the handbook or require any further assistance, please contact your relevant age group or competition club coordinator, who will be more than willing to help. Current club contacts are detailed further below and are updated on our website at 'About>Contact'.

About Monaro Panthers Football Club

Monaro Panthers Football Club (MPFC) is a Premier League Football Club for all ages and ranges of ability from MiniRoo's to National Premier League First Grade and U23s. Players come from Queanbeyan, Canberra, Jerrabomberra, Googong, Bungendore, Sutton, Michaelago and surrounding regions.

Over the last few years, we have developed a Junior Premier Program which is viewed by Capital Football as a leader in Premier League football development in Canberra. For those that aren't familiar with Premier League football, it is the highest level of football played locally throughout Australia. We now have National Premier League teams in the U14, U15, U16, U18, U23 and 1st Grade (all male sides).

Although this creates great opportunities and development for our best players, further work needs to be done to provide the same developmental opportunities for the rest of the club. We understand that not all players and coaches want to play/coach at the highest levels and for many the simple enjoyment of the game and their friends is most important. However, to ensure there is development for those who wish it at the community level, we are aiming to provide equal opportunity to all players and coaches alike by taking a holistic approach to training and development.

Competition Rules and Regulations

With your role comes a certain amount of responsibility, ensuring the appropriate codes of behaviour of your players and making sure that Capital Football Competition Regulations are followed correctly. It is recommended that you become familiar with these rules and regulations by visiting the Capital Football website and reading the [Capital Football Competition Regulations](#) document.

MPFC has teams in the following competitions. More information can be found on our [website](#).

Community Football

- MiniRoo's (U5/6-U9)
- Junior League (U10 – U18)*
- State League Mens
- State League Womens
- Masters Mens

National Premier League (NPL) Football

- NPL Boys U14, U15, U16, U18
- NPL Men U23 -1st Grade

***Pathways Program:** The U8 and U9 age groups who have been identified and placed into the u10s, will have training organised by the Program Head Coach who will lead all teams to conduct the same training session once a week. The additional training session will be run by the team Coach with the Program Head Coach assisting and providing guidance.



Behaviour and Codes of Conduct

In addition to the Capital Football Competition Regulations, coaches, managers and officials should also be aware of the general rules and codes of behaviour endorsed by the club, as set out in the following policy documents.

- [Code of Conduct – Coaches, Players and Spectators](#)

This policy outlines the codes of behaviour requirements for coaches, managers, players, officials and spectators during any activity held or sanctioned by the club.

- [Member Protection Policy](#)

This policy outlines the procedures that support the clubs commitment to eliminating discrimination, harassment, child abuse and other forms of inappropriate behaviour and ensures the club can deal with any alleged breaches of its policies.

- [Monaro Panthers Junior Policy](#)

This policy provides a basis for the club to be a positive influence on younger members and make the club a safe and healthy place for families to play and enjoy our sport.

- [Monaro Panthers Community Junior Grading Policy](#)

This policy acknowledges that positive experiences in junior competition will contribute to children developing a lifelong love of sport.

- [Alcohol Policy](#)

This policy provides the basis for a balanced and responsible approach for the use of alcohol at club events and activities.

- [No Smoking Policy](#)

This document provides information regarding the laws regarding the NSW Governments nonsmoking requirements at public sports grounds.

Coaching Requirements

Working With Children Check

Each coach and manager is required to hold a Working With Children (WWC) Check while undertaking a volunteer role within the club. Please email your WWC evidence to the Registrar, Nat Settin, to place on file. This is to help us meet our obligations under the Working with Children Check in NSW.

The Working with Children Check is just the one way we are making our organisation child safe.

New applicants can complete their application online - <https://ocg.nsw.gov.au/working-children-check> but will need to take their application number and identity documents to a Service NSW centre for verification.

If you have held a WWC number in the past, you can verify your current status or renew at the above address. A WWC number that has expired is not valid and must be renewed for the worker to remain in child-related work.

Renewing applicants now have the option to renew their WWC number by using digital proof of identity without having to visit Service NSW.

Accreditation

Most community league junior coaches are not required to hold any coaching accreditation, but is strongly encouraged to complete the Foundation of Football course. As of 2026, the U13 SAP coach will be required to hold a C-Licence.



Registration

As with players, all volunteers must register through Play Football - <https://www.playfootball.com.au/register>. This is a free registration.

Equipment and Kits

Each coach and/or manager is responsible for the safe custody, maintenance and distribution of the jerseys and equipment issued for their team's use. Details of any lost or damaged equipment must be reported to the club as soon as possible after the loss or damage is discovered. Please TAKE CARE of the club equipment – it is expensive to replace. Note that in certain circumstances teams may be required to reimburse club for losses and damage.

A typical 'team equipment kit' includes:

- Jerseys
- Sports bag
- Balls (+ match ball U10-18)
 - Under 6 – 9's Size 3 Ball
 - Under 10 – 13's Size 4 Ball
 - Under 14 – 18's Size 5 Ball
- Ball pump with needle
- Cones/witches hats
- Ball bag
- Bibs

It is the coach and/or manager responsibility to return these items at the end of the season.

Coaches and managers are to ensure that their players are properly equipped for all games; this includes protective shin guards for games and training. All players will be issued with club shorts and socks which they do not need to return.

The clubs colours are predominately **GREEN** and **BLACK**. Playing shorts, socks, tracksuits, polo shirts and other club merchandise may be purchased through our own Monaro Panthers Club Shop at Riverside Stadium or at David Madew on Saturday mornings.

First Aid

The Club endeavours to have first aid coverage at the games. Coaches and Managers are encouraged to undertake a basic First Aid course to assist on those occasions where such knowledge would be useful and perhaps even necessary. Please contact the Club if you are able volunteer as a first aider.

Game Day

A successful game day for the players

Sportsground Rain Closure

- To check if NSW sportsgrounds have been closed as a result of wet weather, please visit the Queanbeyan-Palerang Regional Council website or phone the hotline on 6285 6506.
- To check if ACT sportsgrounds have been closed as a result of wet weather, please visit the ACT Sportsground website or phone the hotline on 6207 5957.

Field Set-up

- Field Set-up: If your team plays at home and is the first team to play for the day at any of our home grounds, it is your responsibility to set up all the equipment stored in the relevant equipment shed/change rooms.
- Field Pack Up: If your team is the last team to play at any of our home grounds, it is your responsibility to pack all the equipment away in the relevant equipment shed/change rooms.



If your team is playing at Duncan Ovals, please contact your age coordinator about the set-up/pack-up procedure, key collection etc. no later than Wednesday the week of the match.

MiniRoos

Each team needs a 'parent organiser' (a grassroots coach). Their role is to create an environment where the child can discover football and enjoy playing. At this stage of a player's development, we are not looking for 'coaches' as much as parent organisers who can provide the best atmosphere for the kids to learn the game.

For more information about becoming a grassroots coach and to obtain a MiniRoos Accredited Certificate, go to the Capital Football website, this course is free. At this stage, the club does not train grassroots coaches however regular conduct Community Coaching Workshops. Stay tuned on Monaro Panthers FC website, Facebook and Sportsblock.

Each team will also need a manager who will help with coordination and communication, ensuring parents know what is going on, helping parents understand what is required of them, ensuring players have equal time on the field and supporting the 'parent organiser' as required.

The U6 and U7 age groups will have training organised by a Club Coordinator who will lead all teams to conduct the same training session from 8:30am-9:00am. The coordinator will provide the training session plan to each 'parent organiser' who will set the field up for their team. The coordinator will instruct all players, over the loud speaker, on each exercise and what to work on. The 'parent organiser' will work with their teams as the coordinator comes around to help teams. From 9:00am, teams will pack-up the training session and then play their scheduled match.

Field Set-Up/Pack-Up Parents are to assist with field set-up and pack-up, particularly prior to the U5/6's, and at the end of the U7's and U9's. Instructions are as below:

U5/6 and U7

- Set-up – Grab field bucket, corner flags and goals (x4) from shed set up field as per picture on bucket.
- Leave field bucket at centre line that splits the field in half.
- Pack-up – Grab field bucket and pack up all cones and witches hats pack up goals.
- Corner flags are left in place.
- Return field bucket and goals to shed and put them away in rightful place

U8

- Set up goals near shed for field – 2x per field.
- Move to your designated field – please do this 15 mins prior to game commencement.
- Pack up of goals required if U9's are not playing on your field after so please check on draw, follow pack up instructions for U9's

U9

- Please check that no U10 game is going to be held on your field after.
- Pack goals away. Pull them apart and put them back on the goal cart.
- Make sure net is not twisted when rolled back.
- Remove corner flags and put them back in flag bin at shed.

Junior League

Matches for the U10-U18s are conducted across the region and can include places such as Yass. The game times for the junior league are as follows:

U10s	11:30am
U11 and U13s	12:30pm
U12s and U14s	1:45pm
U15s, U16s and U18s	3:10pm

Match Cards

All coaches/managers are required to upload their team into Dribl prior to the commencement of each game. There is also a requirement to confirm the players of the opposing team.



Communication

DRIBL

DRIBL is an app where all the weekly round fixtures are uploaded. You will need to download this app to access these each week. Only coaches/managers are required to download DRIBL. All other

Access to this app will be provided by our NPL Coordinator Robert Guglielmin.

Sportsblock

The Sportsblock app is MPFC's communication platform of choice. All coaches/managers and parents/players should have this app downloaded prior to the commencement of the season, preferably with notifications on to ensure messages are received. The app allows MPFC to send club/grade/team-wide messages, the ability for internal team communication, information on training times/days and provides access to the team's draw.

Access is provided by the Registrar and is managed by each of the Coordinators.

Referees

Referees are introduced at U8. The main role of the referee across the discovery program years is to help the game flow with minimal stoppages and to instruct players on the basics of on-field play such as how to behave or what the rules are.

It is important that parents of the teams playing under a referee set an example of respect and offer their full support to referees and their decisions. Most of these referees are young players who are learning a new skill. Referees are a vital part of each game and your support will encourage them to remain in the role.

Game Payments

- **MiniRoos (U8-9s):** Game Leaders are paid by the Referee Coordinator or representative at completion of the matches. Referees will be advised weekly who this will be and should look for them at the David Madew Canteen or Merchandise stand.
- **U10s – U18s** Community League: fees are paid at the time of the match by the home and away clubs (1/2 the total fees each). Clubs are to cover the Centre Referee and any official Assistant Referees (AR or linesman). The schedule of match fees can be found in the Capital Football Referee handbook at 'Referee> Resources'.
- **Premier league fixtures:** Referees for NPL and Junior League matches are allocated by Capital Football. Fees are paid by Capital Football via the Unchained app.

Club Awards

The club may make awards to deserving persons, both players and others, for on-field performance and/or service to the club during the season. Nominations, together with justification for an award, should be provided to the club towards the end of the season. The call for nominations will be made towards the end of the season.

Junior Club Person of the Year

Awarded to a player who is heavily involved in the game and with the club (e.g. a player with representative honours, who also referees and/or coaches a team).

Junior Coach of the Year

Awarded to a player who coaches a MiniRoos or junior competitive team and who excels in the way he or she handles the team and raises the skill and game enjoyment level of its players.

Coach of the Year

Awarded to a player or coach who coaches a MiniRoos or junior competitive team with enthusiasm and commitment to ensure that all his or her players learn and enjoy the game of football in a positive and encouraging environment.



Club Person of the Year

Awarded to a person who has brought distinction to the club or to other persons for effort in assisting with club activities above that which is normally expected.

Life Memberships

Life Memberships can also be awarded. The club decides recipients of life memberships.

Club Coaching Tips and Resources

Considerations for coaching MiniRoos/Junior teams

U6-U9 age players

- Natural development: 'learn FOOTBALL by playing football'
- No 'coaching' but organising fun football exercises
- Replicating the 'street/park football' environment of the past
- Emphasis on building a love of the game

U10-U13 age players

- They are highly motivated and enthusiastic
- They are competitive, like challenges and want to show they're the best
- They are well balanced and coordinated
- They are very adaptive to learning motor skills
- Although still self-centred, they start to learn how to work together
- They are sensitive to criticism and failure (praise is important)
- They are physically and mentally ready for a more structured approach to training

U14-16 age players

- These players are in (or entering) the puberty phase which is a phase of radical mental and physical changes.

Coaching Courses / Coaching Workshops

By regularly attending the relevant Community Coach/Manager Education workshops (the age group that applies to you) and Capital Football courses will help you:

- Better understand the holistic approach to coaching
- Plan a meaningful training session
- Demonstrations of a training session
- Script (what to say to players)
- Access to up-to-date reference guides/resources
- Information on courses available
- Network with other coaches
- And a chance to ask all the questions you need about the season ahead.

Capital Football conduct a number of coaching courses each year across all levels. Information can be found on their website - <https://capitalfootball.com.au/coach/courses/>

Club Coaching Resources

For session plans to use on your teams please check the following sources:

- FFA National Curriculum Online Version – www.ffacoachingresource.com.au.
- Capital Football resources - <https://capitalfootball.com.au/coach/resources/>
- Monaro Panthers website – www.monaropanthers.com.au/coaching.

General Coaching Resources For general resources on coaching:

- AUS Sport – www.sportaus.gov.au/home.

Club Contacts

Position	Name	Contact
<i>President</i>	Geoff Young	president@monaropanthers.com.au
<i>Vice President</i>	Aaron Hazelton	vice_president@monaropanthers.com.au
<i>Secretary</i>	Amanda Howard	secretary1@monaropanthers.com.au
<i>Treasurer</i>	Alex Tine	alex.tine@monaropanthers.com.au
<i>Registrar</i>	Nat Settin	info@monaropanthers.com.au
<i>Technical Director</i>	Roko Strika	td@monaropanthers.com.au
<i>Sponsorship Coordinator</i>	Alex Tine	alex.tine@monaropanthers.com.au
<i>Referee Coordinator</i>	Max Mayberry	refereecoord@monaropanthers.com.au
<i>Grounds Coordinator</i>	Nat Settin	info@monaropanthers.com.au
<i>First Aid Coordinator</i>		
<i>First Aid Coordinator</i>	Kinglsey Vance	firstaidcoordinator@monaropanthers.com.au
<i>Premier League Coordinator</i>		
<i>Premier League Mens</i>	Robert Guglielmin	Rob.Guglielmin@monaropanthers.com.au
<i>U23s Coordinator</i>	Michele Monterosso	michael@monaropanthers.com.au
<i>NPL Coordinator</i>	Tina Brandt	Tina.brandt@monaropanthers.com.au
<i>MiniRoos</i>		
<i>MiniRoos Coordinator</i>	Hannah Dennes	minirooms@monaropanthers.com.au
<i>MiniRoos Age Group u6 Coordinator</i>	Hannah Dennes	minirooms@monaropanthers.com.au
<i>MiniRoos Age Group u7 Coordinator</i>	Christina Cake	U7@monaropanthers.com.au
<i>MiniRoos Age Group u8 Coordinator</i>	Rosalba Morabito	U8@monaropanthers.com.au
<i>MiniRoos Age Group u9 Coordinator</i>	Carla Connolly	U9@monaropanthers.com.au
<i>Pathway Program</i>		
<i>Pathway Program Coordinator</i>	Jenna Dal Molin	jenna@monaropanthers.com.au
<i>Community / Junior League</i>		
<i>Junior League Coordinator</i>	Amanda Howard	Junior_coordinator@monaropanthers.com.au
<i>Youth Development Officer</i>	Andrew Monterosso	andrew@monaropanthers.com.au
<i>Community League Mens Coordinator</i>	Brad Elliott	CLMCoordinator@monaropanthers.com.au
<i>Community League Womens Coordinator</i>	Kiara Belsito	clowcoordinator@monaropanthers.com.au
<i>Masters Mens</i>		
<i>Masters Coordinator</i>	Joe (Pep) Bartone	masterscoordinator@monaropanthers.com.au
<i>Member Protection officer</i>		
<i>MPIO Officer</i>	Lisa Hazleton	mpio@monaropanthers.com.au
<i>Complaints Handling Officer</i>		
<i>Complaints Officer</i>	Steve Cologna	complaints@monaropanthers.com.au
<i>Communications</i>		
<i>Comms Officer</i>	Ally Stewart	comms@monaropanthers.com.au
<i>Events Coordinator</i>		
<i>Events</i>	Kiara Belsito	clowcoordinator@monaropanthers.com.au