

# Barnies 2026

## Red Folder



A softcopy of his document is available from [bufc-orange.com](http://bufc-orange.com)

Facebook: <https://www.facebook.com/BarnstoneworthOrange/>

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## Coaches Support

Barnies recognises the critical role that coaches perform enabling players to take the field each week and to grow their skills and love for the game.

The club sincerely wants to support you. If you are having trouble or can see a way for the club to improve, please reach out to the committee. You can call committee members directly (see committee contact) or find a Barnies Red Jacket with “Committee” on the back at the Jack Brabham Park fields any Saturday.

**Barnies Red Jackets:** All Barnies committee members and coach/managers are issued with a red spray jacket to be worn on match days. This is so players, parents and club officials can easily pick Barnies out of the crowd. Please wear your jacket to all the games/training. If you do not have a jacket, please let the Secretary know. The jackets are part of the team kit and will need to be returned to the club at the end of the season.

**WhatsApp Group:** There is a WhatsApp group that all coaches, managers and the committee use to keep in touch and pass on important or urgent club information. Please join the group and join the conversation. This is where you can ask for help if you are unable to make training, or away for a weekend and cannot coach. We will invite all coaches at the beginning of the season. Please reach out to the Secretary or Director of Junior Football if you need adding or need to add others.

**New or replacement gear and equipment:** If you need anything, please contact Josh Towns - Director of Junior Football or the President – Wes Miller. You can also reach out to any of the committee or find a Red Jacket at JBP.

**Training:** All junior teams are invited to train together at JBP, usually on Tuesday or Wednesday afternoons. Coaches will be supported by the club with Josh Towns and members of the senior teams helping run sessions and drills to develop both players and coaches.

There are also a number of coaching sessions run by Football NSW. Please keep an eye on the emails for dates, sessions and costs. Please reach out to the club to let us know if you're interested so we can help support you.

## Member Protection Information Officer

Member Protection Information Officers (MPIOs) are an integral part of all levels of Australian sport, especially grassroots sport. MPIOs are there to listen to issues raised by members of any sport before triaging and referring them to the right place to find a resolution. The MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern, as well as information support during the process.

MPIOs don't handle complaints or investigate grievances, and they don't mediate between members or stakeholders. They're also separate from the relevant Integrity Manager or the person(s) in authority regarding complaints, disputes and resolutions in your sport. MPIOs are an impartial party who are there to help guide people in the right direction.

The Barnies MPIO is Jodi Towns. Jodi can be contacted via email to [mpio@bufc-orange.com](mailto:mpio@bufc-orange.com) or by phone on 0409 366 728. Please be responsible with this phone number and only provide it when necessary.

## 2026 Club Contacts

Role	Name	Email	Phone
President	Wes Miller	<a href="mailto:Barnies@bufc-orange.com">Barnies@bufc-orange.com</a>	0417 688 433
Vice-President	Tori Worboys		0499 079 979
Secretary	Tim Leach	<a href="mailto:secretary@bufc-orange.com">secretary@bufc-orange.com</a>	0488 425 666
Treasurer	Dave Sandercock	<a href="mailto:treasurer@bufc-orange.com">treasurer@bufc-orange.com</a>	0431 483 303
Registrar	Niall Cummings	<a href="mailto:registrar@bufc-orange.com">registrar@bufc-orange.com</a>	0415 426 984
<b>Head Coach</b>			
Director of Junior Football	Josh Towns	<a href="mailto:juniors@bufc-orange.com">juniors@bufc-orange.com</a>	0419 294 910
<b>Director of Female Football</b>			
Committee Member	Wayne Stephens		
Committee Member	Allan Reeder		
Committee Member	Brendon Manning		
Committee Member	Ashleigh Van Kemenade		
Committee Member	Murray McCloskey		
Committee Member	Matthew Stonestreet		
Committee Member	Jodie Collison		
Committee Member	Chris Jacobs		
Committee Member	Matthew McGrath		
MIPO	Jodi Towns	<a href="mailto:mpio@bufc-orange.com">mpio@bufc-orange.com</a>	0409 366 728

## Club Expectations...

Barnstoneworth United FC Orange (Barnies) grew out of an idea of mateship. Friends getting together to play football. There has always been an atmosphere of inclusiveness and good times both on and off the pitch.

Barnies has continued this legacy, built upon it and last year had 200+ players registered. To organise so many players there needs to be some rules. They have been kept to a minimum and are expected to be understood and followed by all players, coaches and care givers.

By registering, you agree to abide by the rules, regulations, and codes of conduct established by Barnstoneworth United Football Club (Orange) as well as those set forth by any relevant local, state, or national football associations. Failure to adhere to these policies may result in disciplinary action, including suspension or termination of registration.

### General Guidelines

- Lead by example, maintaining the highest level of conduct and integrity.
- Foster an inclusive environment where individuals from all backgrounds, genders, ages, and abilities feel welcomed and valued.
- Champion player development and progression within the Club, including maintaining a transition pathway from junior to senior grades.
- Uphold the club's reputation, avoiding any actions that could bring it into disrepute.
- Strengthen ties with the local community through outreach programs, partnerships, and volunteer opportunities. Encourage club members to engage in community service, support local initiatives, and promote the club's role as a positive force in the community.

### Coach/Manager Responsibilities

- Have a current and valid Working with Children Check (WWCC)
- Support players' welfare and well-being.
- Ensure all players are registered and have clearance to play.
- Ensure all players, coaching staff, and volunteers are aware of match day details.
- Manage team matchday details in DRIBL platform.
- Organise and participate in regular training session to improve teamwork and communication.
- Provide adequate training for all players and ensure readiness for match day.
- Collect and wash team uniforms after matches.
- Drive team participation and support in Club events and fundraising opportunities.
- Report any team issues, concerns, or disciplinary matters to the Club promptly.

### Coach/Manager Code of Conduct

- Be considerate of players' time and commitments outside of football and set reasonable expectations.
- Promote respect for the rules of the game and encourage fair play

- Ensure all players receive equitable playing time and avoid overusing talented players.
- Foster a respectful environment by showing respect for opponents, referees and coaches.
- Adhere to medical advice when determining a player's return to play after injury.
- Organise training sessions and matches that are suitable for players' ages and skill levels.
- Keep in mind that the primary goal is for children to enjoy playing football.
- Offer encouragement and positive feedback, creating a supportive environment where players can learn, develop, and have fun

### **Player responsibilities:**

- Show respect and promote inclusion for all teammates, opponents, officials, and spectators.
- Play with integrity, honesty, and fairness.
- Accept and respect decisions made by officials.
- Demonstrate good sportsmanship at all times.
- Be modest and gracious in victory, and show humility and respect in defeat.
- Maintain self-control by managing emotions, refraining from inappropriate language, and treating opponents, officials, and teammates with respect.
- Listen to and follow coaching instructions to improve individual and team performance.
- Take responsibility for your actions on and off the field, including punctuality and preparedness for training and matches.
- Thank officials, coaches, and opponents at the conclusion of each game to show appreciation for their efforts.
- Support and encourage teammates, fostering a positive team environment.
- Prioritise safety by playing within the rules and avoiding dangerous or reckless behavior.
- Strive to develop skills, teamwork, and sportsmanship, always remembering that the main goal is to enjoy the game and have fun.

### **Parent/Guardian Responsibilities:**

- Support your child's participation in sport, focusing on their enjoyment and performance rather than wins or losses.
- Refrain from intimidating or pressuring coaches, match officials and other spectators.
- Model good behaviour, respect coaches, players, match officials, and opponents.
- Teach children to respect decisions and handle wins and losses graciously.
- Let the coach do the coaching; avoid directing players during games.

### **Disciplinary Actions**

- The club may enforce this Code of Conduct and impose disciplinary actions on players, parents/guardians, spectators, and match officials who do not comply with these expectations.

# Club Code of Conduct

We the players and parents/carers of the .....team of the Barnstoneworth United FC - Orange, agree to abide by the Code of Conduct and understand the potential consequences of my actions

## PLAYER'S

## PARENT/CARER'S

Name	Signature	Name	Signature



# Training Field Allocations

If you need a field allocation for team training, please contact the club secretary who can put a request to the ODFA.

## Jack Brabham Park (JBP) Map



## Important Information

Junior Season commences on Saturday 2<sup>nd</sup> May 2026. (Please refer to DRIBL for draw and dates)

U5-U11 season ends Saturday 12<sup>th</sup> September

U12-U16s season ends Saturday 19<sup>th</sup> September

Junior Presentation dates – Will be confirmed during the season

DRIBL is the tool that ODFA have adopted to handle all aspects of running the football competition. Draws and scores are available at [www.orangefootball.org.au/draws-and-tables](http://www.orangefootball.org.au/draws-and-tables)

*30/30 LIGHTNING SAFETY GUIDELINE* - included on FNSW resources / policies page

1. Stop play if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately seek safety under appropriate shelter. Allow people to go to their cars.
2. Do not resume play until at least 30 minutes has passed since the last thunder was heard. Referees should talk to the Coaches of both teams & nominate a time 30 minutes from that time to reconvene to see if the game will restart or if another delay is needed to allow for #2 to be adhered to. The Referee should talk to the home club or ODFA Ground Officials or ODFRA Management to work out a suitable start time if thunder has continued into the 30 min delay period.
3. MiniRoos games should be abandoned by Team Leaders & Home Clubs / ODFA Officials as players and parents are safer heading to their cars & leaving the area.

### *CONCUSSION*

Referees confirmed they will stop the game for any head knock.

Some concussion documentation to be aware of Football Federation Australia ([footballaustralia.com.au](http://footballaustralia.com.au) - Community Sports Related Concussion Guidelines)

### *Standing down actions*

Players & Parents should stand down themselves, or the player, if you feel the game is taking place in dangerous conditions. These could include intense heat or cold, unsafe field conditions or playing against players who they believe are putting them in danger. If any of these conditions present themselves, please stand down from the game & approach your Club Committee members, a Ground Official, Senior Ground Official or ODFA Committee member.

### *Rule 16. Ground Officials & Team Captains*

- a) All competitive teams must supply a ground official for their own Match, Ground officials must be added to the Competition Management System prior to submitting the Match Sheet. The teams nominated Ground Official can be anyone over the age of 18 years who is not playing or coaching that game.
- b) All ground officials are to wear clothing that easily identifies them as Ground Officials. (i.e. brightly coloured vests/bibs).
- c) Ground Officials must have read and be familiar with the Ground Officials – Roles and Responsibilities document, which can be found on the ODFA website at <https://www.orangefootball.org.au/codes-ofconduct>
- d) Failure to supply vested ground officials or note ground officials in the CMS will result in: 1st offence – warning, 2nd Offence – loss of 1 point to the team, 3rd offence – loss of 2 points & \$50 club fine, 4<sup>th</sup> offence - loss of 4 points & \$100 club fine. The Ground Official must be added into the Competition Management System’s Match Sheet for each match.
- e) All teams must have a player in a Captains armband. The nominated Captain remains the Captain for that game unless leaving the grounds & taking no further part in the match. The Captain has no special privileges under the rules of the game. But may be called upon to bring their players into line with the Referees expectations. He is the only player who can approach the Referee with any questions & this must be done without breaching any rules & must be done at a time allowed for by the Referee & the code of conduct.
- f) Senior Ground Official (SGO) – For each venue in use, the Home Club must appoint one Senior Ground Official (SGO) who is at least 18, not playing/coaching at that time, and present for the venue’s fixtures, until relieved by another SGO (See 16h). If no separate SGO is named, the Ground Official for the highest age group or grade (playing at the time) is deemed the SGO by default. The SGO must be readily identifiable (e.g., high-vis vest)
- g) Duties of the SGO include:
  - I) making weather/safety decisions delegated by ODFA (e.g. lightning holds under Rule 13(h));
  - II) coordinating with the Competition Secretary, Referee Executive, and Match Officials;
  - III) communicating delay/restart/cancellation timings to team officials
- h) Delegation – The SGO may temporarily delegate duties to a substitute SGO (who meets the criteria in 16(f)), including another Ground Official, but must hand over in person and ensure the substitute is identifiable and known to teams and officials.
  - a) i) Non-compliance – Where a field has no SGO (or default Ground Official acting as SGO), it is treated as a breach of Rule 16 and subject to the same graduated sanctions as Ground Official breaches

# Training Materials

## Under 6s to 8s

For these ages, coaches should be focusing more on the team having fun!

Creating a safe and fun environment for both the kids and the parents, promoting fair play and sportsmanship.

You can do some drills around kicking the ball with the inside of our feet, goal scoring, basic goal keeping, dribbling with the ball.

Example drills:

- Shark (keep a ways) create a square big enough for everyone to fit, give everyone a ball, they need to protect the ball from you -the shark- and keep it in the square, if you kick their ball out, they are now a shark too.
- Dribbling in and out of cones -set a line of cones, about 6, with big enough gaps to get a ball through (you can do this as partners, so the wait times are smaller, encourage the partners waiting to talk to their team mate, "You're doing great! Keep the ball close to your foot! Etc.")
- Hungry Hippos/rob the nest – create a square, placing all the balls in the middle, split the team into 3/4 groups, set a timer (your choice), one person from each team runs to the balls, grabs a ball and runs back to their group- send a different person in each time- Progress the drill to dribbling the ball with their feet instead of their hands.
- Partner Passing- get the pair to stand about 2 meters away from each other, pass the ball to each other- promote small passes, only to reach our team mate, make the gap between the pair bigger once they have 'mastered' the smaller space.
- Quick Colours- have different colour cones – about 3 of each colour, explanation will use red blue and white- spread the cones around a square space, get the kids to stand on the outside, on all sides (no bunching), coach yells a colour 'red' the kids are to find the colour and stand near it, if there is already 2 people on the cone they need to find another red cone, repeat with other colours. You can make it harder by having a 5 second timer, adding 2 colours at once, only allowing 1 person per cone, meaning some people will get 'out'.
- Red light green light – have a square or circle zone, everyone has a ball, the coach yells 'green light' the players run around with their ball, when the coach yells 'red light' the players need to stop their ball ASAP with their feet- putting their foot on top of the ball/ stomping on the ball.

## Under 9s to 11s

This is a vital age for learning and understanding the basics of soccer/football. You still need to promote fun and team culture, however.

You should be able to have more complex drills, which are more skill focused as these ages are more likely to have a larger attention span. You can still use the fun game drills for warm ups and team involvement.

Example drills:

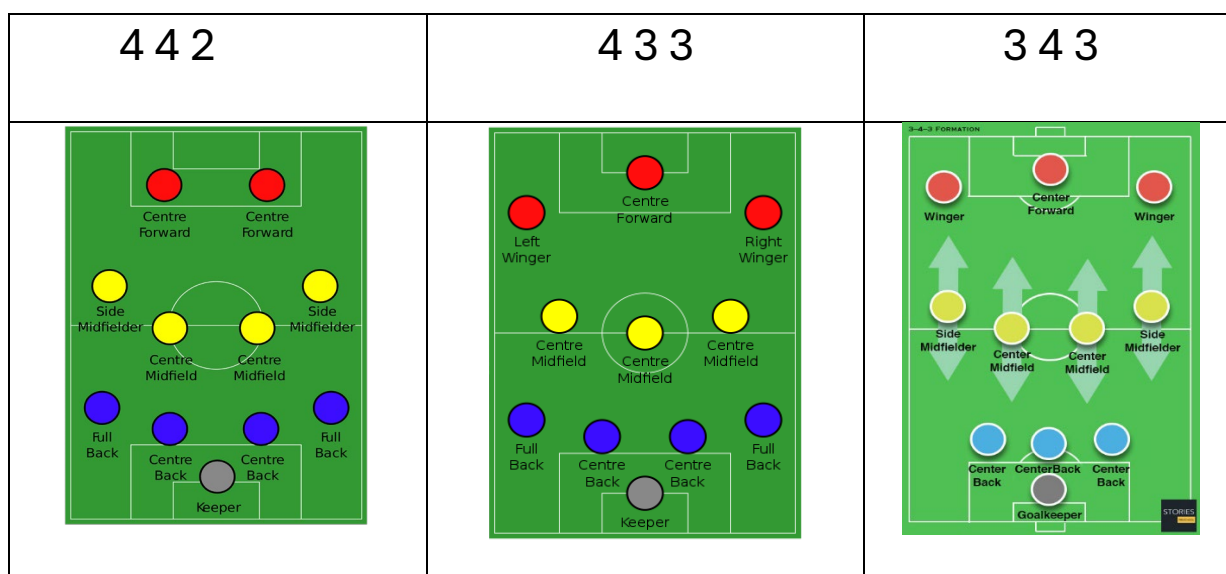
- Square passing- 4 players stand in a square, passing from one to the other, can change directions, trying to promote calling and passing – you must say your name to receive the ball. Promote sharing, setting pass numbers- everyone in the square needs to have made 5 passes each.
- Cone to cone passing- set a zig zag of cones, 4 to 6 cones, one player on each, ball starts from one end, pass the ball cone to cone, (cone 1, cone 2, etc.) try to get the players to stop the ball before passing it, kicking with the inside of the foot and both feet ‘ passing only with our right foot, passing only with our left foot’, the players are to follow their pass so they can get the next ball that comes through, once they reach the end of the cone zigzag they need to dribble with the ball to the start line. (Depending on how many players you have you may need to set up 2 lots)
- Dribbling circuit- in and out of the cones, a dribble run (drive)- from cone to the next – 10 sole taps (5 each foot)- stopping the ball, placing one foot on the ball at a time like hoping- 10 toe taps (5 each foot) – tapping the ball from one foot to the other, keeping the player on their toes- a long pass to the next person in line. (Can add elements throughout the season, like juggling.
- One v Ones- a small square, about 2 by 2 meters, one person has a ball the other is a defender, both start at opposites sides of the square, the attacker (person with the ball) needs to try and get to the defender’s side without losing the ball, defenders’ job is to stop that happening, try and kick the ball out of the square. Can progress this to 2v2s.
- Shooting drills with a keeper and a goal- one touch shooting, coach or a player passes a ball to the shooter who has to hit it first time and try to aim towards the goal, progression is to have a touch before shooting. Running and shooting- with the ball, dribbling/driving outside of the goalie box and shooting- get the goal keeper to apply some pressure by stepping out towards the player, making the goal target smaller.
- Possession – Game situation drill without goals; you might use really small corner cone goals if you need. Split the team into 2, equals as possible, both in numbers and skills. The teams are to try and keep the ball as long as possible without the other team touching it, - can make it a tally game, give them 1 minute each, see how many passes they can make without the opposition touching the ball. Coaching Points- you want the teams to spread out and not be on top of each other chasing a ball, this is the stage and age where we need to work on passing between players, using the field or space around us.

## Under 12s to 16s

Into the competitive age groups, we need to start thinking about their development and their pathways, potentially preparing them to transition to Senior Football. We start looking at formations and the style/ way we want to play football, as well as how we present ourselves as teams. Sportsmanship is imperative in this age group, which sometimes can be forgotten. As a club we want to stay humble, promote fun and team culture, this begins with the coaches.

Things to remember/ be aware of:

- Bigger fields, more players on the pitch, rotating subs and being fair with playing time.
- Drills need to start being more technical and have multiple points.
- Some players will be further ahead with skills, as a coach your responsibility is getting your team to work at the same level to benefit the team as a whole.
- Warm ups and cool downs play a bigger part as the growth and injury percentages are higher. Don't underestimate a good stretch!
- Formations- these are our suggestions. As we are introducing these to our senior teams, our vision is that when the juniors transition to seniors, they are already used to playing the formations. (Below)
- Being respectful of team members, spectators and Refs.
- Referees are introduced- you need to remind the team not to disrespectfully argue, only the captain is to speak to the refs, play the whistle. Ref fees are also now part of the game, use your manager to help keep track/ make payments to the club.
- The players are becoming more creative and aware of the game and how it constantly changes. Listen to them as much as they listen to you- they have ideas and suggestions, understanding of what is happening in the games, they are the ones playing them. Their input is unbelievably valuable.
- Team culture- is a huge factor in this age group. It also goes a long way when you have a positive team culture. Not just on the field, but in their friendships and relationships between the parents, coach and manager. Instead of training, go out for dinner, go to a gym session, ten pin bowling or a completely different sport for a change. It keeps things fun; it opens the communications and interactions between everyone.



## Drills:

- Warm up touch control- partner up, one ball, working on first touch control. Stand 2/3 meters apart, quick on the ground passing, two touches to one touch, left foot only, right foot only, pick the ball up, one person lobs the ball at their partner, the other is to pass it backing using these techniques (between 5 to 10 each foot)- laces (top of the foot on the laces), vollies (inside the foot, like a pass in the air), head (5), chest to pass (10), knee control (10). Make this harder by changing the ball to a smaller ball e.g., Tennis ball.
- Rondo variations: make a square, groups of 4- one ball, 3 on the outside of the square, one in the middle, passing around/through the square trying to keep it away from the person in the middle. **ON THE GROUND ONLY.** (If it's a group of 5, have 4 on the outside) If the person in the middle wins the ball, they are out of the middle, someone from the outside steps in. Keep the ball moving as long as possible, one touches, smooth transitions, open communication.
- 3 passes add Ons- make a rectangle- make it about 20 metres by 15 metres, with a half way line. (Depending on how many you have at training you may need to make 2 drills.) make 2 teams, preferably equal. Stand in a half each, one team starts with the ball, completes 3 passing a person from the other team may step in and defend, trying to turn over the ball into his own half, every three passes another defender can step in.
- Possession drills- there are multiple drills for possession, and all of them are effective- it's what you do as the coach during those drills that make the difference. Interrupting the flow when you see a problem, or encouraging the progression.  
Things to look for in possession: communication – is it the right communication, is there enough, is it loud enough, is it directive. Passes – are they strong enough, direct enough, are they checking in. Body shape – is their body open to receive the pass and make the next option, is it blocking the defender, can you see everything you need to. Movement – on and off the ball, switching, taking the space, making the space.
- Passing drills- again, there are lots of drills for passing. The ones we find most effective are drills that use the whole half (one on each side) as it shows how it can work on the field in practice, uses the space you will have in the games, gives the players ideas on what their passes should look and feel like, both short and long.

With the competitive ages interrupting the drills and having discussions while they are participating in them has proven to be the most successful way to get the results, we're after. We do a lot of watching and participating in learning between these ages, it's the same in football. The instructions or discussions don't have to be long, they should in fact be short and sharp, direct and single points, so only one thing is being focused on, once they've improved, you talk about the next point.

## Coach and Manager Roles

Coaches and managers are different positions, they do cross over, but for the most part they are there as a partnership to help each other out.

### **Coach roles and responsibilities.**

- Training the team – planning the sessions every week
- Running game day – match card, team warm up, arrival time and the equipment (balls, cones, captain arm band) bibs for the subs.
- Handling the team and their actions on and off the pitch
- Handling bullying with in the team.
- Communicating with the parents for trainings, game day, conflicts
- Medical assistance on the field/ at training
- Mentoring and being a role model
- The development of the players
- Safety of the environment – training and game pitch, balls, bibs,

### **Manager roles and responsibilities**

- Ref fees – payment to the club and how the team players are paying.
- Team contacts details
- Medical information e.g. asthma, allergies
- Players player votes, goal scorers and game core, yellow/ cards
- Ground officials.
- Time keeps – kick off time and minutes.
- Medical assistance off the field – once the coach has inspected the injury/ issue it is up to the manager to take over.
- Medical kit at every game
- Information about club days and dates
- Washing and collecting shirts, bring them to game day.
- Coach and manager vests, and ground official vest.

Both roles require working with children checks, both need to understand and be able to use Dribl, need to be involved in committee discussions and meetings, be aware of the ODFA rules and regulations about their roles and the competition.