

ABERDEEN FC LADIES



Coaches Welcome Pack Season 2025

Welcome to Aberdeen FC Ladies



Aberdeen FC Ladies was formed in January 2011 with the merger of Aberdeen Ladies & Girls FC, East End Girls FC, Aberdeen City and Aberdeen University. The Club's goal is to promote girls' football in the North Region of Scotland and to set the highest sporting standards in the football community, whilst continuing to grow our club's reputation for excellent coach and player development. Our Committee ensure we comply to the required standards set by the governing body, Scottish Women's Football.

OUR VISION

- To consistently produce quality home grown players providing an enjoyable and supportive environment whilst promoting a positive football culture.
- To develop players to achieve the highest level they can both technically and tactically whilst allowing them to play with freedom and to be creative.
- To support each of our young players both in personal physical development and mental health and wellbeing.

OUR MISSION

- To maximise player potential and provide young players with an opportunity to be successful in football, education and life.
- To develop our young players to be well rounded individuals that embrace the values of continuous improvement in a competitive and fun environment.



AFCL Committee Members

Role	Contact name	Contact email
Chairperson	Kim Bruce	chairperson@aberdeenfccladies.com
Vice Chairperson	Louise Walker	vicechair@aberdeenfccladies.com
Secretary	Julia Roberts	secretary@aberdeenfccladies.com
Treasurer	Kevin Burr	treasurer@aberdeenfccladies.com
Child Wellbeing and Protection Officer	Nicola Downie	cwpo@aberdeenfccladies.com
Committee member/Fundraising	John Dow	john.dow@aberdeenfccladies.com
Committee member	Tyrinne Rutherford	tyrinne.Rutherford@aberdeenfccladies.com
Committee member	John Henderson	john.henderson@aberdeenfccladies.com

AFCL Non-Committee Roles

Role	Contact name	Contact email
Facilities Co-ordinator	Nicola Ewen	facilities@aberdeenfccladies.com
Registrations	Julia Roberts	registrations@aberdeenfccladies.com
Kit & Equipment	Nicola Ewen	kit.equipment@aberdeenfccladies.com
Social Media	Cherie Kennedy	media@aberdeenfccladies.com
Health & Safety	Ashleigh Budha	H&S@aberdeenfccladies.com
First Aid	Ashleigh Budha	firstaid@aberdeenfccladies.com

Coaches Code of Conduct



Aberdeen FC Ladies – Code of Conduct

Coaches and Officials

Coaches and Officials play a vital role in the girls' and women's game in Scotland, and in the lives of the players whom they coach; they ensure players are safe, develop their footballing skills, maintaining enjoyment of the game, and building lifelong connections to the game we love.

Coaches and Officials are in a unique position of trust in football, and therefore it is important that they adhere to the highest standards of best practice.

As an SWF Official, I WILL:

- Abide by the Scottish Women's Football *Child Wellbeing and Protection Policy*
- Ensure that my e-learning, declarations, and PVG are up to date.
- Treat everyone with respect and dignity, regardless of their gender, ethnic origin, cultural background, sexual orientation, religion, or political affiliation.
- Treat every player equitably.
- Remember that I am a role model and shall always behave in an ethical and professional manner.
- Respect the decision of referees and officials and encourage players to do the same.
- Positively promote the reputation of the girls' and women's game
- Remember that the safety and wellbeing of young players is the paramount consideration.
- Report any concerns that I have seen or been advised of to the club's CWPO.

I WILL NEVER:

- Engage in, or tolerate, offensive, insulting, or abusive language or behavior.
- Exert undue influence over players, parents, or colleagues.
- Bring the game into disrepute.
- Engage in or tolerate any form of bullying or abuse.
- Enter an inappropriate relationship with a young player or young official.

I understand that if I breach this Code of Conduct, I may be subject to consequences, including:

- Receiving a verbal warning.
- Receiving a written warning.
- Being subject to a period of supervision.
- Being required to attend additional training.
- Being required to **apologise**.
- Being suspended from AFCL.
- Being referred to Police Scotland, and/or other relevant statutory bodies.
- Being referred to Disclosure Scotland.

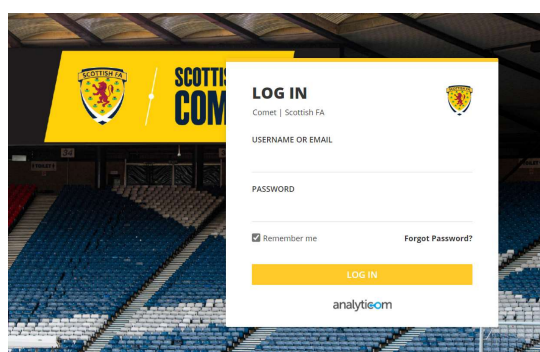
Coach/Official's Name: _____
(print name) (signature) (date)

Coach Education/Training



- Before starting coaching at AFCL each coach will be required to be PVG cleared by Scottish Women's Football. The AFCL Club secretary will arrange this with new coaches.
- AFCL will fund coach education costs up to SFA 1.3 Children/Adults level and SWF approved First Aid Courses.
- Fees for the courses can be re-imbursed on receipt of an AFCL expense claim form and on completion of the course.
- Requests for funding towards the cost of UEFA C, B or A Licences will be considered by the Executive Committee. Funding will be awarded based on the financial status and requirements of the Club at the time of application. AFCL's contribution will be paid in two tranches, with fifty percent at the time of booking and the remaining fifty percent on completion of the course.
- A prerequisite of the club offering financial support for UEFA licence costs is that the relevant coach signs an agreement to remain coaching with AFCL for a minimum of two seasons or they will have to reimburse the club a pro rata amount of the original contribution paid.
- SFA course availability and bookings can be made through Scottish FA Comet by logging into your own account. To access the content, log in via <https://www.scottishfacomet.co.uk/> and view all course content in the course resources tab. Select the relevant course from the dropdown menu.
- More information about the SFA coaching for the Children's pathway, Youth/Adult pathway and Goalkeeping pathways can be found at the link below:

<https://www.scottishfa.co.uk/football-development/coaching/coaching-pathway/>



AFCL Communication



All AFC Ladies teams use the Spond app for organising training and matches.

Spond also allows coaches to message parents in a group or individually.

Coaches from each team and a couple of committee members will have administrator rights (called Group Manager) on each team's Spond, to allow new players/coaches to be added and for the committee to communicate with parents about the AGM, Trophy Day etc.



AFCL Email Addresses:

All coaches, committee and other officials will be given an AFCL email address which provides transparency across the Club.

AFCL email addresses should be used for all club correspondence including match day arrangements.

Connect with AFC Ladies on social media:



X/Twitter: aberdeenfcl



Facebook: AberdeenFCLadies



Instagram: afcl2011

Kit & Equipment



- Aberdeen FC Ladies use Joma as their kit supplier which is exclusively supplied by The Soccer Shop: Direct.
- Each team is responsible for finding sponsors for their KIT and for placing an order through our KIT/Equipment Co-ordinator.
- The KIT brochure and quotes for sponsors are available by sending a request to kit.equipment@aberdeenfccladies.com and once completed and returned you will be guided through the ordering process.
- Once a player has signed to Aberdeen FC Ladies they will be provided with a full match kit and training wear relevant to the team they have joined.
- If you require top up kits because players have outgrown their current kit, please contact our KIT/Equipment Co-Ordinator to discuss ordering replacements.
- All AFCL coaches will be provided with a tracksuit, polo shirt and jacket. This can be arranged by contacting our KIT/Equipment Co-Ordinator (kit.equipment@aberdeenfccladies.com).
- The kit remains the property of Aberdeen FC Ladies and if a coach/player leaves the club the full kit must be returned.
- If your team requires new equipment (balls, cones, bibs etc) please make a request to kit.equipment@aberdeenfccladies.com



TheSoccerShop:Direct

First Aid & Accident Reporting



- Each team must have at least one first aider present at every game and training session. First aid training will be completed through an SWF approved sport first aid provider.
- First Aid training can be arranged through the club by emailing: firstaid@aberdeenfcladies.com
- If an injury occurs an accident form will be completed and submitted by the team coach that administered first aid.
- If any items, including ice packs, are required for treatment an accident form must be completed before replacements are provided.
- Any first aid equipment must be ordered through the club by emailing firstaid@aberdeenfcladies.com



ABERDEEN FC LADIES ACCIDENT FORM

Name of Person Completing Form:	Position Held (i.e. First Aider / SYFA Rep)	Date
---------------------------------	---	------

Notes:
For Date insert dd/mm (e.g. 31/8)

Name of Footballer or Injured Party (IP)	Age	Team	Age Group
Address			
Contact Tel No.			
Name of Contact			

Use Dropdown Selection for Age / Team / Age Group
1st Line of Address
2nd Line of Address
Etc.

Injury Details		
Location of Occurrence: (e.g. Kaimhill / Stonehaven)	Time	Date

For Date insert dd/mm (e.g. 31/8)

Injury / Injuries Sustained:	Injured Area
------------------------------	--------------

Use Dropdown Selection for Injured Area
Free Text

Criteria for Concussion Injury Return to Contact Training - Early Date	
Criteria for Concussion Injury Return to Contact Play - Early Date	
http://sportscoachuk.com/media/3332/concussionreport2018.pdf	

Description of Occurrence: i.e. - what happened?				
Signs & Symptoms				
Treatment Given to IP				
(i) Final Disposal (i.e. - played on / taken off / sent to GP / Hospital / Parents Advised and Taken Home)				
(ii)	Ambulance Called (Y/N)	Time Called	Arrived At	Hospital taken to?

Free Text

Free Text

Free Text

Free Text

Use Dropdown Selection for Ambulance Called

Signature of First Aid Person	Date
-------------------------------	------

For Date insert dd/mm (e.g. 31/8)

Form to complete and submitted to secretary@aberdeenfcladies.com within 3 days of injury occurring

Once complete Ctrl+P will print form including headers and footers

Physiotherapy Sessions



- AFCL will pay for the cost of two physiotherapy sessions per season for players at U14's and above.
- If an injury occurs an accident form must be completed and submitted by the team coach.
- The coach will complete and sign the approved club physio consent form which can be requested from the treasurer at treasurer@aberdeenfccladies.com
- Appointments can then be made by parents/guardians with the appointed AFCL physio practice. The signed AFCL physio consent form must be taken to the first appointment.
- AFCL will settle the invoice directly with the practice.
- Please note, players are only eligible for these free sessions if they are injured whilst playing or training with AFC Ladies.

AFCL PHYSIOTHERAPY CONSENT FORM



This form **must** be completed and signed by the coach prior to booking a session.

Please then hand to the physiotherapist at the session.

Payment will be made by the club (maximum 2 sessions, per player, per season).

Player Name _____
Team _____
Coaches Name _____
Coaches Signature _____
Date _____

Physiotherapist Signature _____
Date _____




The Key Clinic
63 Regent Quay
Aberdeen
AB11 5AR
ashley@aaaphysiotherapy.co.uk
07834837487

Coach/Volunteer Expenses



- We recognise that coaches and volunteers might be required to purchase something on behalf of the club and we want to ensure you are reimbursed as soon as possible. We have an expenses policy, which is sent out to all new coaches and volunteers and details of what can and can't be claimed for. A copy of an expenses form will also be sent to you. All expenses must be approved by a member of the Committee **prior to purchase**.
- **Referee fees** as set by Scottish Women's Football can be claimed by submitting an expense claim form to the club Treasurer **within 7 days of the match date**. No receipts are required for such claims.

Expenses Claims with receipt backup need to be sent to treasurer@aberdeenfladies.com and are paid within 2-3 days.

AFCL			
EXPENSE CLAIM FORM			
Name		AFCL Position	
Date		Signature	
Date	Team (ie U18s, U14s etc)	Details	Amount
TOTAL €			-
<i>RECEIPTS MUST BE PROVIDED WITH EXPENSE CLAIM</i>			
Approved by		AFCL Position	
Signature		Date	
RECIPIENT BANKS DETAILS			
Sort Code		Account No	
Account Name			

New player signings & player approaches



New Player signings:

- Before any trialist starts a trial period at AFCL they must have completed an AFCL Personal Information Form (PIF). A coach will then send the form to the Club Secretary prior to the player attending their first training session (secretary@aberdeenfcladies.com).

Completion of an AFCL PIF is required for insurance purposes and must be submitted to the Secretary before a new player begins training.

- New players should have a 4 week trial period before a decision is made by the appropriate coaches whether to sign the player to AFCL.

Player approach policy:

- If coaches identify a player from another club that they would like to invite to trial with their team, a formal player approach must be made by the AFCL Club Secretary to the other club's Secretary. They then have 2 weeks to respond to the approach.
- Under no circumstances should an AFCL coach approach a player/parent from another club about their daughter moving to AFCL.
- Clubs are not permitted to approach another player from the same club within 28 days of an earlier notice of approach.
- Unofficial player approaches that are not done through both club Secretaries can result in significant monetary fines imposed by SWF.

Friendlies & Tournaments



Playing friendlies (applicable to all age groups):

- If you would like to arrange a friendly you must complete an SWF friendly request form, which can be found at the link below:

<https://scotwomensfootball.com/club-friendlies/request/>

- Friendly request forms must be completed for insurance purposes.
- For completion of the friendly request form the AFCL Club ID is: 22991

Tournaments:

- If your team is entering a tournament or you are organising one you must complete the relevant SWF tournament request form using the link below:

<https://scotwomensfootball.com/club-friendlies/>

- AFCL will contribute up to £100 towards the entry fee of tournaments. Any such costs are subject to pre-approval by the club Treasurer and are limited to £100 per season per team.

Training Lets & Match Venues



- The AFCL Facilities Co-ordinator is responsible for arranging training lets for all teams within the club.
- To book a training facility or match venue, the first point of contact must be the Facilities Co-ordinator: facilities@aberdeenfccladies.com
- Training facilities will be booked throughout the year. Please let the Facilities Co-ordinator know asap if you are cancelling training so that the club is not charged for the pitch.
- When fixtures are released, each team should send details of their Home fixtures to the Facilities Coordinator: facilities@aberdeenfccladies.com
- Expense claims for any changes to usual training facilities/match venues will not be processed unless supported by a **written pre-approval** from the Facilities Co-ordinator.
- If a game or training is going to be cancelled please let the Facilities Co-ordinator know as soon as possible. We cannot receive any refunds for the pitch at Garthdee if we cancel less than 7 days before a game.

Useful info – Garthdee:

- **Meeting rooms:** As part of the pitch booking at Garthdee we also have free use of the huts if you require space for meeting with parents/players. The huts can be reserved by contacting: facilities@aberdeenfccladies.com
- **Parking tickets:** If you park at Garthdee for longer than 3 hours you will receive a parking ticket. To prevent this please enter your car registration number into the iPad at the Snow Sports reception desk.

Social Media Posts



Match day arrangements/posts:

- Details of each team's matches should be sent by a coach/team support to the Social Media Co-ordinator (media@aberdeenfcladies.com) so they can be posted on the AFCL social media pages.
 - Please included: Fixture
League (if applicable)
Venue
Date
Kick off time
- The deadline for sending match details is the Wednesday before a weekend match.
- If a match is postponed/cancelled please email the Social Media Co-ordinator so that the Club's social media pages can be updated.

Post match reports:

- Post-match reports should be sent to the media email after each game. Reports should be a short summary of the game with a team photo/picture.
- No match scores must be posted for the non-competitive age groups (U12's and below).

Player Of The Week (POTW):

- Each week the younger age groups will have a POTW as voted by the coaches. Please send in photos and a short summary about why the player was awarded POTW.

The Club social media can also be used to highlight any other events/fundraising/activities the teams have been involved in. Please send them in to media@aberdeenfcladies.com



League & Scottish Cup Costs & Helpful Info



Buses:

- AFCL will contribute £300 towards bus travel should the journey exceed a 200 mile round trip.
- Bus requests should be sent to facilities@aberdeenfccladies.com who will make the booking with the appointed bus supplier.
- Confirmation of the costs will then be sent to the team contact and the team must send the team contribution to the AFCL bank account within one week of Treasurer requesting payment.

Referee fees:

- When AFCL are the Home team the referee will require payment. The referee fees are as set by Scottish Women's Football each season. Typically these are £40 for U18/U16/U14 league matches and £50 for Scottish cup matches and should be paid before the match starts. League matches for the Ladies team are £50.
- The referee fee can be claimed back by submitting an expense claim form to the club Treasurer within 7 days of match date. No receipts are required for such claims

Scottish Cup Hospitality:

- When drawn to play at home in the Scottish Cup, it is customary to offer hospitality to the visiting team by way of food, soft drinks, teas/coffee.
- AFCL will contribute up to £80 per home tie towards such costs.

Scottish Cup pennants/flags:

- For Scottish Cup matches it is customary to exchange pennants at the start of the match. The club has a stock of AFCL pennants which can be provided ahead of Scottish Cup matches. Please contact the email address below to collect a pennant: vicechair@aberdeenfccladies.com

Match Day Checklist



When AFCL are the Home team:

Confirm pitch booking for the game with the Facilities Coordinator

- At the start of the season/when fixtures are released. They should have been sent to the facilities coordinator so that pitches are all prebooked.

facilities@aberdeenfccladies.com

Email SWF referee coordinator by Monday to request a referee.

- Copy in SWF league administrator & opposition coaches, so everyone is aware of match arrangements.

Notify parents of match arrangements on Spond.

Email match details to the Social Media Co-ordinator to advertise game on AFCL's social media by the Wednesday before a game.

media@aberdeenfccladies.com

Email referee once they have been appointed by the SWF referee coordinator.

- Usually received on a Wednesday. Confirm all match details with referee, including outfield & goalkeeper kit colours. Copy in SWF league administrator & opposition coaches, so everyone is aware that the referee has been confirmed and are aware of finalised match arrangements.
- Confirm that the opposition team are in agreement if a photographer/video camera will be used to take photos/video the match.
- Confirm if referee would prefer to be paid in cash or by bank transfer.

Submit teamlines for match on SFA COMET

- Usually the day before the game but can be done up to an hour before KO.

Match day:

Arrive at pitch and setup corner flags and goals/nets if required.

- There are corner flags & bases in the container at Garthdee astro. A key for access can be requested by emailing: kit.equipment@aberdeenfccladies.com

Home and Away:

Ensure that all spectators remain outwith the playing area of any pitches which has perimeter fencing.

Ensure that all spectators stand at the opposite side of the pitch from the technical area (and away from the goals) at any facilities without fencing.

Game time at Aberdeen FC Ladies



FOUNDATION TO YOUTH PHASE (U8 > U12)
4v4, 5v5, 7v7, 9v9

Equal game time for all players.

YOUTH TO PERFORMANCE PHASE (U14 > U18)
11v11

**Game time influenced by fitness / ability /
game circumstances.**

Post-match rules



All parents, guardians or carers are welcome to discuss any concerns they may have with coaches after a match, but we have a 48 hour post-match rule in place.

- Our coaches will not engage in any feedback and conversations about a match until 48 hours have passed, usually at the next training session.
- This helps to take the emotion out of a situation and allows a more productive discussion to be had.
- If a discussion is required with parents to talk about a match or any issues regarding a player there should always be two coaches present.

Parents: please refrain from coaching from the side lines. You do not know what instructions your child has been given. Your child is part of a team and may have been given a specific set of tasks.

Remember: Everyone has a bad game (or a bad day at work etc.). Many children are already too hard on themselves when they are not playing well. Helping them understand the 'big picture' is crucial if there is a poor result - it is no big deal.

Mistakes are a natural process of learning; we all make them. After a game or training session which might not have gone well, please ask them about the positive things they experienced - the effort in running back or blocking a shot etc., how they helped the team.

We put the process before the outcome, and ask that you do the same.

AFCL expectations on match days



NON-COMPETITIVE (U8 > U12)

Greet opposition coaches.

Positive encouragement/feedback to players from the sidelines.

Respectful interaction with opposition coaches & referee.

If the game becomes unbalanced offer the opposition team to put extra players on/ask the opposition team if you can put extra players on.

- Extra players cannot be added at the Cormack Park festivals (4v4 & 5v5).

At the end of the game:

- Thank opposition coaches.
- Lineup players to shake opposition hands

COMPETITIVE (U14 > Ladies)

Greet opposition coaches & referee.

Positive encouragement/feedback to players from the sidelines.

Respectful interaction with opposition coaches & referee.

At the end of the game:

- Thank opposition coaches/referee.
- Lineup players to shake opposition hands.

AFCL Teams - Season 2025



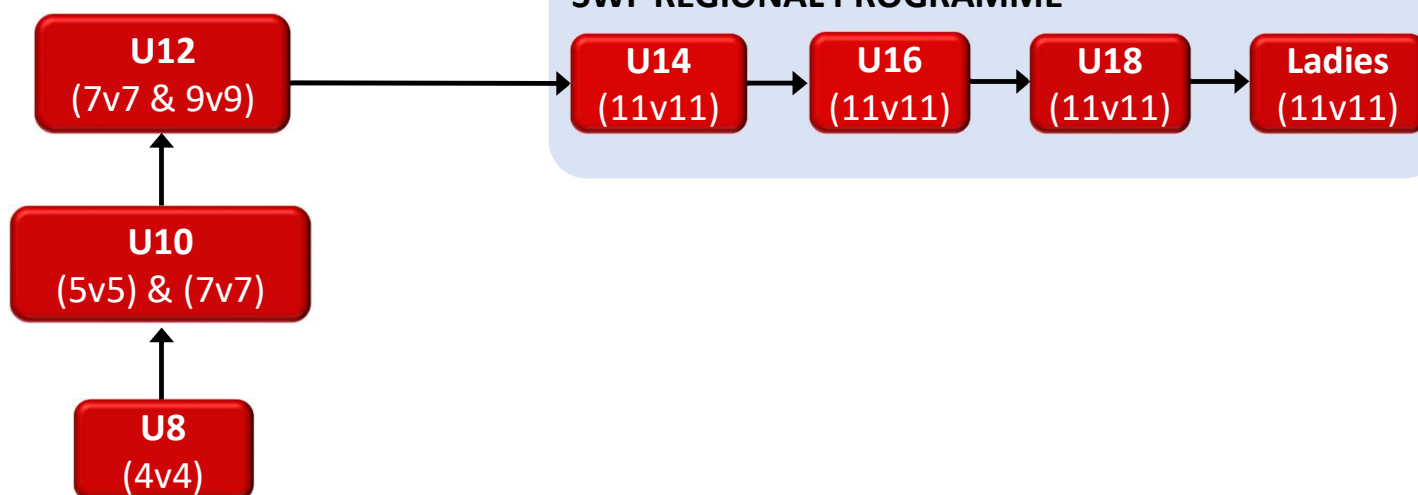
Team	Format	Coaches	Emails
Ladies	11 aside	Ally Beattie, Neil Adam, Tyrinne Rutherford, Tommy Lutton	ally.beattie@aberdeenfccladies.com neil.adam@aberdeenfccladies.com tommy.lutton@aberdeenfccladies.com tyrinne.rutherford@aberdeenfccladies.com
U18 Reds (former U16 Reds)	11 aside	Neil Adam, Kieran Innes	neil.adam@aberdeenfccladies.com kieran.innes@aberdeenfccladies.com
U16 Blacks	11 aside	Rob Cantley, Robbie Duncan	rob.cantley@aberdeenfccladies.com robbie.duncan@aberdeenfccladies.com
U14 Reds	11 aside	Scott Bichan, Michael Craig, Shaun Dearie	scott.bichan@aberdeenfccladies.com
U14 Whites (former U12 Whites)	9 aside	John Dow, Lee Kemp, Tyrinne Rutherford	john.dow@aberdeenfccladies.com lee.kemp@aberdeenfccladies.com tyrinne.rutherford@aberdeenfccladies.com
U12 Reds	9 aside	Nicola Downie, John Deary, Caitlyn Taylor	nicola.downie@aberdeenfccladies.com john.deary@aberdeenfccladies.com caitlyn.taylor@aberdeenfccladies.com
U12 Blacks (former U10 Blacks)	7 aside	George Chalmers, Michael Jennings, Joe Birkin	george.chalmers@aberdeenfccladies.com joe.birkin@aberdeenfccladies.com mike.jennings@aberdeenfccladies.com
U10 Reds	7 aside	Tommy Lutton; Ashley Garden	tommy.lutton@aberdeenfccladies.com ashley.garden@aberdeenfccladies.com
U10s 5v5	5 aside	Robbie Shaw, Emma Strowger	
U8s 4v4	4 aside	Sarah Stout, Louise Walker	louise.walker@aberdeenfccladies.com

AFCL Overall Player Pathway



FOUNDATION TO YOUTH PHASE
(U8 > U12)
NON-TROPHY FOOTBALL

YOUTH TO PERFORMANCE PHASE (U14 > Ladies)
COMPETITIVE TROPHY BASED FOOTBALL



Age Groups Season 2025



SEASON 2025 REGIONAL FORMAT

AGE (IN 2025)	BORN ON / AFTER	BORN ON / BEFORE	AGE GROUP	FORMAT PLAYED	YOB SEASON 2025
5-7	01-Jan-18	31-Dec-20	U8	4v4	2018/2019/ 2020
8-10	01-Jan-15	31-Dec-17	U10	5v5 / 7v7	2015/2016/2017
11-12	01-Jan-13	31-Dec-15	U12	7v7 / 9v9	2013/2014/ 2015
13-14	01-Jan-11	31-Dec-13	U14	11v11	2011/2012/ 2013
15-16	01-Jan-09	31-Dec-11	U16	11v11	2009/2010/ 2011
17-18	01-Jan-07	31-Dec-09	U18	11v11	2007/2008/ 2009

YOB highlighted Red means players born that year are eligible but should be used to challenge players who are not being challenged at their own age group.

The Performance System



THE PLAYER PERFORMANCE PATHWAY

We call the development journey of an Aberdeen FC Ladies player "The performance pathway"

Players can start, or come and go, at different ages through the performance pathway and will be supported through each phase.

THE PLAYER PERFORMANCE PATHWAY PHASES

Foundation Phase	Under 8 to Under 10
Youth Phase	Under 12 to Under 14
Performance Phase	Under 16 to Ladies

COACHING PROGRAMME

The club coaches are all SFA accredited and hold recognised coaching qualifications through the SFA coaches' pathway.

It is SWF procedure for each team to have at least one trained first aider at training and games, to provide medical care if necessary.

Coaching sessions require a minimum of 2 coaches of which at least one will hold an SWF recognised sports first aid qualification.

The following weekly coaching times are provided as a guideline only.

COACHING PROGRAMME THROUGH THE PHASES

Foundation Phase	U8 - U10	75 mins per week excluding festivals
Youth Phase	U12	120 mins per week excluding fixtures
	U14	180 mins per week excluding matches
Performance	U16 – Ladies	180-210 mins per week excluding matches

Foundation Phase: U8 – U10



UNDER 8

- Game based Foundation, Understanding, Nurturing (FUN) activities.
- Ages 6 & 7.
- Small sided 4v4 games against multiple teams in a festival format. These are fortnightly on a Sunday at Cormack Park.
- No offside, kick ins, rolling subs.
- Development of basic movement skills using playful activities.
- Maximise touches of the ball to develop skills.
- Equal time for all players.
- Positive reinforcement coaching methods.

UNDER 10

- Age 8 play small sided 5v5 games against multiple teams in a festival format. These are fortnightly on a Sunday at Cormack Park.
- Ages 9 & 10 progress to fixture format 7v7 game.
- Games played locally on suitably sized pitches.
- No offside, kick ins, rolling subs.
- Maximise touches of the ball to develop skills.
- Equal time for all players.
- Positive reinforcement coaching methods.
- Improved confidence and decision making. Awareness and beginning of team shape.

LEARNING TO LOVE THE GAME

The driving philosophy at the Foundation phase for under 7 and under 9 age level is to maximise player participation and to adopt the FUN principals and allow players to be creative and have freedom of expression.

Our young players will spend the majority of this phase with a ball at their feet, learning basic movement skills and developing through game based sessions.

FOUNDATION PHASE GAME FORMATS

Age	Format	Pitch Size (m)	Goal size (m)	Ball
U8	4v4	35x25	Mini	Size 3
U10	5v5	35x25	Mini	Size 3
U10	7v7	60x40	3.6x1.8	Size 3

Youth Phase: U12 - U14



UNDER 12

- Learning to love the game and expand skills.
- Final year of U12 progresses to 9v9 format supporting transition to 11 a- side.
- 13M retreating area for goal kicks.
- Pass back rule does not apply, no referee, kick ins, rolling subs. Offside rule is applied.
- Equal time for all players.
- Focus on fun and developing mastery of the ball.
- Introduction to shape and tactical awareness.
- Positive reinforcement coaching methods.

UNDER 14

- Introduction of referees.
- Offside rules apply, no retreat zone, rolling subs.
- Throw in and corner kick rules apply.
- Focus on building technical skills, confidence, freedom of expression.
- Improved game understanding and tactical awareness.
- Improved decision making.
- Competitive league and cup games regionally.
- National Cup competition.
- Game time influenced by fitness / ability / game circumstances.
- Positive reinforcement coaching methods.

BUILDING TECHNICAL SKILLS, GAME UNDERSTANDING AND TACTICAL AWARENESS

The philosophy at the Youth Phase is to underpin our players' love of the game and to continue to develop their skills and individual decision making.

Our young players will continue to spend the majority of this phase with a ball at their feet, using drills to work towards game situations and support physical development for speed and agility through game based sessions.

YOUTH PHASE GAME FORMATS

Age	Format	Pitch size (m)	Goal size (m)	Ball
U12	7v7	60x40	3.6x1.8	Size 4
U12	9v9	70x45	4.9x1.8	Size 4
U14	11v11	Full Size	Full Size	Size 4

Performance Phase: U16 – Ladies



UNDER U16 - Ladies

- The focus in this stage is to further enhance technical skills, game understanding and tactical awareness.
- Athletic development for individuals across strength, stamina and agility.
- Competitive 11v11 regional / national leagues and cups.
- Normal rules apply with rolling subs at U16's and U18's.
- Game time influenced by fitness / ability / game circumstances.
- Opportunities for nationwide friendlies and tournament football.
- Positive reinforcement coaching methods.

DEVELOPING PLAYERS FOR THE FUTURE

Our players will continue to be progressively developed as individuals with more focus on strength, agility, speed and endurance alongside more advanced tactical awareness.

Players will be expected to be able to communicate openly about their strengths and weaknesses and will be encouraged to practise in their own time to further aid development.

PERFORMANCE PHASE GAME FORMATS

Age	Format	Pitch size (m)	Goal size (m)	Ball
U16	11v11	Full Size	Full Size	Size 5
U18	11v11	Full Size	Full Size	Size 5
Ladies	11v11	Full Size	Full Size	Size 5

Player Pathway Recognition System



All players will develop differently and while it is important that each girl is measured within a peer group it is likely that some girls will require to move within the AFCL structure to best support their individual development requirements.

PLAYER DEVELOPMENT AND PROGRESSION

- Players who develop at a slower pace may remain within a particular age group and develop with slightly younger players of similar ability, if their age permits them to do so.
- Players who may have developed at a quicker rate during a season can make the transition into the team (at an older age group) that can sustain and further develop their technical, physical and mental capabilities sufficiently to allow them to play football at a higher level.
- If a player is identified as a suitable candidate to play up an age group, this process will not commence without agreement and open dialogue with both the player and their responsible adult. This requires dispensation by SWF prior to being implemented.

PLAYER SUPPORT BETWEEN TEAMS

- Players may be asked to support teams playing at different levels on an ad-hoc basis. This is typically due to player injury/lack of availability. This encourages confidence in players to work with other club players and coaches. AFCL players will be encouraged to provide support within the club if the need arises.

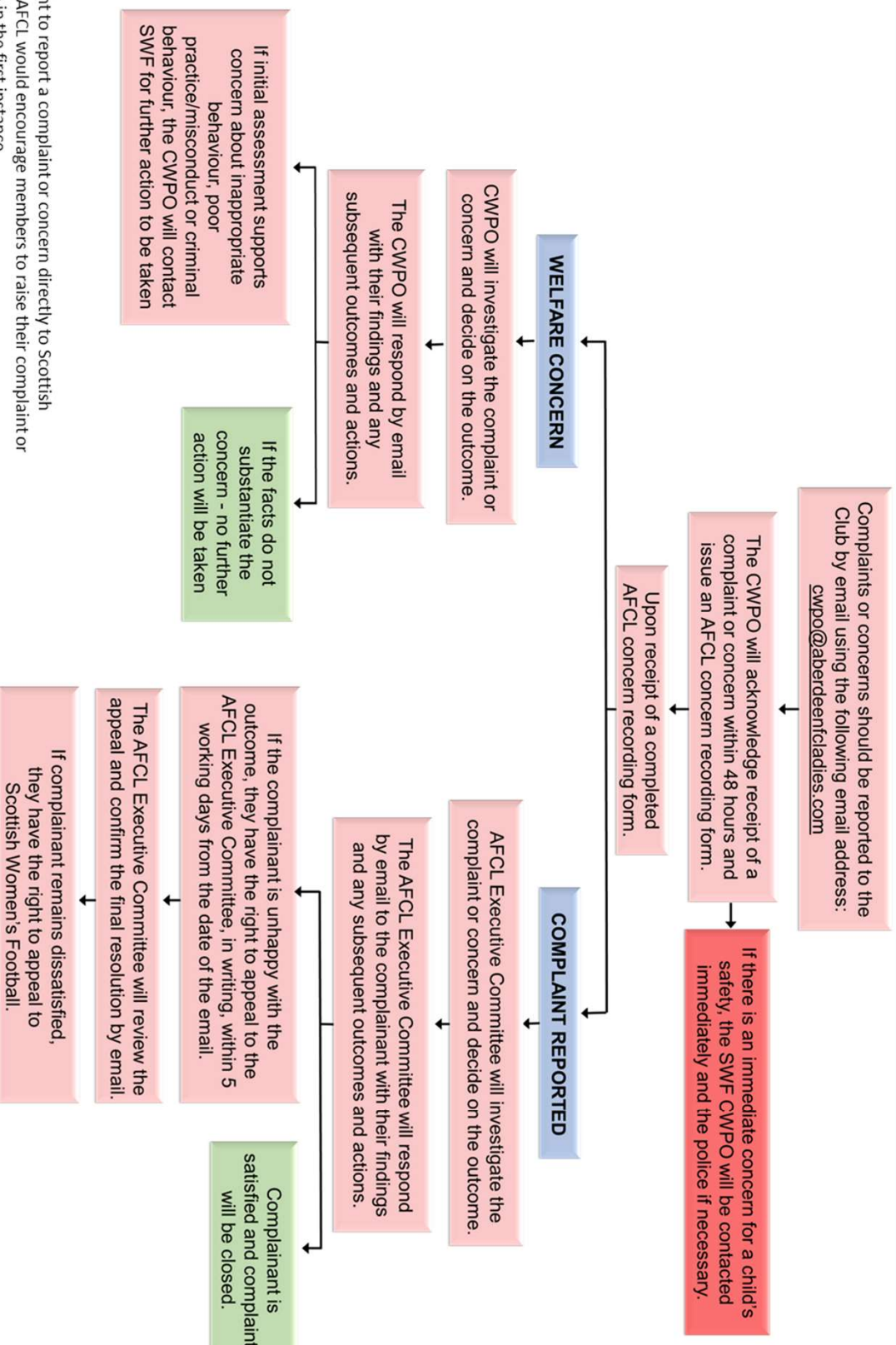
Affiliation & Registration Guidance



- Regional Teams are affiliated in November of each calendar year with Regional Registrations covering the period Jan – Nov.
- Regional squads are reviewed throughout the year and rebuilt for the following season based on viable leagues and teams being affiliated.
- Regional players are automatically resigned to the club at the end of the season.
- All SWF clubs including AFCL are free to sign and/or re-sign any player who is a free agent throughout the affiliation windows / season.
- No signed AFCL player can train or play for another SWF team.
- AFCL do not guarantee any player an AFCL squad place for a new season.



Complaint/Concern recording process



* Members have the right to report a complaint or concern directly to Scottish Women's Football but AFCL would encourage members to raise their complaint or concerns with the Club in the first instance.



ABERDEEN FC LADIES



X/Twitter:
aberdeenfcl



Facebook:
AberdeenFCLadies



Instagram:
afcl2011