

SILENT WEEKEND

**SILENT WEEKEND ONE:
SATURDAY 6TH & SUNDAY 7TH OCTOBER 2018**

**SILENT WEEKEND TWO:
SATURDAY 2ND & SUNDAY 3RD MARCH 2019**

**CREATED BY THE YOUTH AND
MINI-SOCCER COMMITTEE, FOR THE BENEFIT OF
LOCAL GRASSROOTS FOOTBALL**

LET THEM PLAY



WHAT IS SILENT WEEKEND?

DUE TO THE SUCCESS OF LAST YEAR'S EVENT, HAMPSHIRE FA WILL INTRODUCE A FOURTH SILENT WEEKEND ON THE 6TH AND 7TH OF OCTOBER 2018 TO PROMOTE RESPECT IN YOUTH FOOTBALL AND SHOWCASE AN ATTRACTIVE GAME THAT PUTS THE NEEDS OF THE PLAYERS FIRST.

THE WEEKEND WILL INVOLVE COACHES AND SPECTATORS HAVING MINIMAL VERBAL CONTACT THROUGHOUT GAMES, TO RAISE AWARENESS OF THE NEED TO CREATE A POSITIVE AND PRESSURE-FREE ENVIRONMENT IN WHICH CHILDREN CAN ENJOY FOOTBALL AND LEARN TO LOVE AND DEVELOP IN THE GAME. WE HOPE YOU WILL SUPPORT THE PROGRAMME BY ENCOURAGING CLUBS TO TAKE PART AND SPREAD AWARENESS OF THIS FANTASTIC INITIATIVE. EVERY YEAR WE LOOK TO ALTER THE INITIATIVE FROM PREVIOUS YEARS BASED ON THE FEEDBACK RECEIVED. PLEASE MAKE SURE YOU READ THE DOS & DON'TS FOR ALL PARTIES.

IN THIS RESOURCE YOU CAN FIND FAQs ON THE INITIATIVE, IDEAS FOR HOW YOU CAN GET INVOLVED AND SUPPORTING RESOURCES FOR PARENTS, COACHES AND REFEREES. IF YOUR LEAGUE WISHES TO SUPPORT THE SILENT WEEKEND, PLEASE EMAIL CHARLOTTE.BROWN@HAMPSHIREFA.COM

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HOW TO GET INVOLVED WITH THE **SILENT WEEKEND?**

ENSURE YOU SHARE THE CODES OF CONDUCT WITH ALL YOUR MEMBERS, CLUBS, COACHES , REFEREES AND CONTACTS

SHARE THE DATE WITH EVERYONE! **WEEKEND ONE: SATURDAY 6TH & SUNDAY 7TH OCTOBER 2018 AND WEEKEND TWO: SATURDAY 2ND & SUNDAY 3RD MARCH 2019**

CONTACT YOUR LOCAL PRESS, PLEDGING YOUR SUPPORT

SHARE YOUR SUPPORT ON SOCIAL MEDIA USING THE HASH TAG
#LETTHEMPLAY

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RECOMMENDATIONS

FOR LEAGUES

- ENSURE ALL CLUBS ARE AWARE OF THE SILENT WEEKEND & WHEN IT IS TAKING PLACE
- ENSURE ALL REFEREES ARE AWARE OF THE SILENT WEEKEND & WHEN IT IS TAKING PLACE
- ALLOW TEAMS FROM U7-11 TO PLAY QUARTERS, ALLOWING COACHES MULTIPLE OPPORTUNITIES TO COACH THEIR PLAYERS WITHOUT INTERFERING WITH GAME PLAY
- HAVE COMMITTEE MEMBERS AND VOLUNTEERS ATTEND MATCHES TO ENSURE THE INITIATIVE IS BEING DELIVERED EFFECTIVELY

FOR CLUBS (U7-11)

- HOST A MANAGER'S MEETING TO ENSURE ALL MANAGERS ARE AWARE OF THEIR DUTIES
- ALLOW TEAMS FROM U7-11 TO PLAY QUARTERS, ALLOWING COACHES MULTIPLE OPPORTUNITIES TO COACH THEIR PLAYERS WITHOUT INTERFERING WITH GAME PLAY
- WORK WITH YOUR CLUB RESPECT STEWARD TO ENSURE THE SILENT WEEKEND IS ADMINISTERED APPROPRIATELY
- ENSURE ALL RESPECT STEWARDS ARE AWARE OF THE REPORTING PROCESS (SEE P. 13)
- ENSURE ALL MEMBERS ARE AWARE OF THE REPORTING PROCESS (SEE P. 13)

FOR CLUBS (U12-18)

- HOST A MANAGER'S MEETING TO ENSURE ALL MANAGERS ARE AWARE OF THEIR DUTIES
- ENSURE ALL PARENTS/SPECTATORS ARE AWARE OF THE SILENT WEEKEND DOS AND DON'TS
- ENSURE ALL MEMBERS ARE AWARE OF THE REPORTING PROCESS (SEE P. 13)

LET THEM PLAY



FAQs

Q. WHAT IS A SILENT WEEKEND?

A. A SILENT WEEKEND AIMS TO CREATE A FUN, SAFE AND DEVELOPMENTAL EXPERIENCE FOR ALL CHILDREN IN YOUTH FOOTBALL BY ALLOWING THEM TO MAKE THEIR OWN DECISIONS, ENABLING THEM TO PLAY THE GAME WITH FREEDOM, WITHOUT PRESSURE OR OVER-EMPHASIS ON WINNING AT ALL COSTS.

Q. WHY IS HAMPSHIRE FA DELIVERING ANOTHER ONE?

A. TO RECOGNISE THE ACHIEVEMENTS OF CLUBS AND LEAGUES THAT ALREADY PROMOTE THE VALUES OF THE SILENT WEEKEND, RAISING AWARENESS OF SOME OF THE CONCERNS CHILDREN HAVE WHEN PLAYING FOOTBALL AND ENSURING CONSISTENCY ACROSS THE BOARD.

Q. WHAT ARE THE RULES OF THE SILENT WEEKEND?

A. A CODE OF CONDUCT HAS BEEN CREATED FOR COACHES, REFEREES AND PARENTS, THIS CAN BE FOUND IN THIS RESOURCE. IN ADDITION, ALL RESOURCES WILL BE CIRCULATED TO ALL CLUBS AND LEAGUES. PLEASE READ THEM THOROUGHLY.

LET THEM PLAY



FAQs

Q. WHAT ARE THE COACHES SUPPOSED TO DO IF THEY CAN NOT COMMUNICATE?

A. COACHES ARE ENCOURAGED TO GIVE CLEAR INSTRUCTIONS TO PLAYERS BEFORE THE GAME STARTS, TAKE NOTES DURING THE GAME AND UTILISE HALF TIME OR DESIGNATED BREAKS TO COMMUNICATE TO PLAYERS POSITIVELY. ALSO, COACHES CAN COMMUNICATE TO PLAYERS THROUGH THE CAPTAIN OR SUBSTITUTES DURING SUITABLE BREAKS IN PLAY.

Q. HOW DO WE KNOW WHO IS PART OF THE SILENT WEEKEND?

A. A LIST OF PARTICIPATING LEAGUES WILL BE ADVERTISED ON WWW.HAMPSHIREFA.COM, HOWEVER WE ENCOURAGE AS MANY TEAMS TO SIGN UP AS POSSIBLE, TO ENSURE EFFECTIVE SUPPORT OF THE SILENT WEEKEND MESSAGE.

Q. WHAT HAPPENS IF WE ARE PLAYING A TEAM THAT HAVE NOT SIGNED UP?

A. YOU COULD HAND OUT THE PROMOTIONAL MATERIAL AND CODE OF CONDUCT TO ALL SPECTATORS, ENCOURAGING THEM TO SUPPORT THE SILENT WEEKEND.

Q. WHAT IF A GAME GETS CALLED OFF?

A. EXPLORE THE POSSIBILITY OF HOLDING A SILENT WEEKEND GAME WITH THE OPPONENT ONCE THE FIXTURE IS REARRANGED.

LET THEM PLAY



FAQs

Q. WHAT WILL HAPPEN IF SPECTATORS DO NOT FOLLOW THE CODE OF CONDUCT?

A. FOLLOWING THE FA'S RESPECT CODES OF CONDUCT, THEY MAY BE ASKED TO LEAVE THE VENUE, MEET WITH THE CLUB'S COMMITTEE AND/OR WELFARE OFFICER, OR BE ASKED NOT TO ATTEND FUTURE GAMES. THERE MUST BE A RESPECT STEWARD NOMINATED FROM EACH TEAM FROM U7-11, THIS IS TO ENSURE THE CODE OF CONDUCT IS APPLIED APPROPRIATELY.

Q. CAN WE USE THIS AS A FUNDRAISING OPPORTUNITY?

A. ABSOLUTELY! YOU CAN TIE A SPONSORED SILENT WEEKEND IN WITH A LOCAL CHARITY OR WITH A NATIONAL CHARITY.

Q. HOW WILL YOU KNOW IF IT HAS BEEN SUCCESSFUL?

A. RESEARCH WILL BE CARRIED OUT AROUND THIS INITIATIVE, AND THE RESULTS WILL BE USED TO DETERMINE FUTURE INITIATIVES AND PROJECTS.

Q. WHO CAN I CONTACT FOR MORE DETAILS?

**A. CHARLOTTE BROWN ON 01256 853 017 OR
CHARLOTTE.BROWN@HAMPSHIREFA.COM**

LET THEM PLAY



CODE OF CONDUCT FOR COACHES

DOS

- APPLAUD GOOD PLAY & CELEBRATE WHEN A GOAL IS SCORED
- ALLOW YOUR PLAYERS TO LEARN FROM MISTAKES AND MAKE THEIR OWN DECISIONS
- SET MATCH & PLAYER OBJECTIVES BEFORE KICK OFF, AT HALF TIME OR DURING AN INTERVAL
- LISTEN TO YOUR PLAYERS' FEEDBACK DURING THE INTERVALS
- SET OUT THE RULES AND EXPECTATIONS WITH YOUR TEAMS' PARENTS
- WORK WITH YOUR CLUB RESPECT STEWARD TO ENSURE THE SILENT WEEKEND IS ADMINISTERED APPROPRIATELY
- REFER TO YOUR CLUB RESPECT STEWARD IF YOU HAVE AN ISSUE
- UTILISE THE CAPTAIN OR SUBSTITUTES TO COMMUNICATE TO PLAYERS WHERE THERE ARE SUITABLE BREAKS IN PLAY
- RESPECT THE REFEREE'S DECISION

DONT'S

- COACH YOUR PLAYERS DURING PLAY
- COMMENT OR SPEAK TO THE REFEREE DURING THE MATCH
- GLOAT OR ANTAGONISE THE OPPOSITION
- PUT DOWN PLAYERS AT ALL
- ADDRESS THE OPPOSITION IF THEY ARE NOT ADHERING TO THE SILENT WEEKEND CODE OF CONDUCT (USE THE RESPECT STEWARD)

LET THEM PLAY



10 TIPS FOR COACHING CHILDREN

 @BELIEVEPHQ

TIPS



● **SUPPORT AND ENCOURAGE CHILDREN. GIVE THEM POSITIVE FEEDBACK**

● **HELP PLAYERS TO LEARN FROM FAILURE**

● **MAKE THE EXPERIENCE MEMORABLE FOR YOUR PLAYERS. MAKE IT FUN**



● **TEACH CHILDREN LIFE LESSONS THEY CAN LEARN FROM SPORT**



● **RESPECT REFEREES, PLAYERS, OPPONENTS AND PARENTS**



● **KEEP LEARNING AND EXPANDING YOUR KNOWLEDGE OF COACHING**



● **BE ORGANISED. PLAN SESSIONS AND BE PREPARED FOR ALL EVENTUALITIES**



● **GET TO KNOW THE PLAYERS IN YOUR TEAM. UNDERSTAND HOW THEY REACT TO WHAT YOU SAY AND DO**

● **BE A ROLE MODEL FOR YOUNG PLAYERS**



● **BE AWARE OF YOUR BODY LANGUAGE AND HOW YOU TALK TO CHILDREN**

CODE OF CONDUCT FOR PARENTS

DOS

- APPLAUD GOOD PLAY & CELEBRATE WHEN A GOAL IS SCORED
- TALK AMONGST YOURSELVES ON THE TOUCHLINE
- RESPECT THE REFEREE'S DECISION
- CHEER FOR BOTH TEAMS AT THE FINAL WHISTLE
- BE A ROLE MODEL FOR YOUR CHILD
- LET THE PLAYERS PLAY, IT IS ONLY ONE FIXTURE
- REPORT ANY CONCERNS YOU HAVE TO THE CLUB RESPECT STEWARD
- FILL OUT THE SURVEY AFTERWARDS, YOUR OPINION HELPS US TO CHANGE THE NEXT ONE FOR THE BETTER!
- BECOME FAMILIAR WITH WHO YOUR CLUB RESPECT STEWARD IS

DONT'S

- COMMENT OR SPEAK TO THE REFEREE DURING THE MATCH
- GLOAT OR ANTAGONISE THE OPPOSITION
- TRY AND COACH, YOU'VE ALREADY GOT A BRILLIANT VOLUNTEER FOR THAT
- ADDRESS THE OPPOSITION IF THEY ARE NOT ADHERING TO THE SILENT WEEKEND CODE OF CONDUCT (USE THE RESPECT STEWARD)

LET THEM PLAY



10 TIPS FOR SPORT PARENTS

TOP 10 TIPS

#1

**FOCUS ON THE
PROCESS NOT THE
RESULT**



#2

**AVOID PRESSURING
A CHILD ABOUT
WINNING OR
LOSING**



#3

**HELP YOUR CHILD TO
SEPARATE SPORT FAILURE
FROM PERSONAL FAILURE**



#4

**GIVE YOUR CHILD
FREEDOM TO PROBLEM
SOLVE AND MAKE THEIR
OWN DECISIONS**

#8

**WATCH WHAT YOU
SAY TO YOUR CHILD**



#5

**ENCOURAGE,
ENCOURAGE,
ENCOURAGE**



#9

**RESPECT AND DO NOT
INTERFERE WITH THE COACH**



#6

**ALLOW YOUR CHILD TO
PLAY FOR HIMSELF OR
HERSELF**



#7

**ENCOURAGE YOUR CHILD TO
TAKE RESPONSIBILITY FOR
THEIR DECISIONS**

#10

**DO NOT CONSTANTLY
INSTRUCT DURING TRAINING
AND GAMES**



@BelievePHQ

CODE OF CONDUCT FOR REFEREES

DOS

- ⚽ THE SAME AMAZING JOB YOU DO EVERY MATCH
- ⚽ REPORT THOSE WHO DO NOT BY CONTACTING THE LEAGUE SECRETARY
- ⚽ SET CLEAR EXPECTATIONS FOR THE COACHES
- ⚽ ALLOW CHILDREN TO TALK OPENLY ON THE PITCH
- ⚽ ASSIST PLAYERS WITH MATCH RULES WHERE NECESSARY
- ⚽ GIVE QUARTERLY BREAKS TO ALLOW THE COACHES TO SPEAK TO PLAYERS

DONT'S

- ⚽ STOP PARENTS AND COACHES FROM TALKING QUIETLY AMONG THEMSELVES
- ⚽ BE AFRAID TO STOP THE PLAY TO ADDRESS SOMEONE NOT ADHERING TO THE CODE OF CONDUCT

LET THEM PLAY



REPORTING PROCESS

PLEASE FIND BELOW THE REPORTING PROCESS FOR CLUBS & REFEREES IF THEY FEEL ANY OF THE CODES OF CONDUCT HAVE BEEN BREACHED:

FOR CLUBS (U7-11)

- COACHES & PARENTS/SPECTATORS TO REPORT ANY CONCERNS TO THE RESPECT STEWARD
- RESPECT STEWARD REPORTS ANY CONCERNS TO THE CLUB SECRETARY
- CLUB SECRETARY REPORTS ANY CONCERNS TO THE LEAGUE SECRETARY

FOR CLUBS (U12-18)

- COACHES & PARENTS/SPECTATORS REPORT ANY CONCERNS TO THE CLUB SECRETARY
- CLUB SECRETARY REPORTS ANY CONCERNS TO THE LEAGUE SECRETARY

FOR REFEREES

- REFEREES REPORT ANY CONCERNS TO THE LEAGUE SECRETARY

LET THEM PLAY



THANK YOU

YOUR SUPPORT IS WHAT
MAKES IT THE
BEAUTIFUL GAME

THERE WILL BE A SILENT WEEKEND FEEDBACK FORM AVAILABLE ON THE
HAMPSHIRE FA APP AFTER THE CAMPAIGN.

LET THEM PLAY

