



Discover the Difference

“Success is giving each member the opportunity
to be the best
player, leader, person and citizen
they can be”

Welcome to BBFC

The Best Club in the Land!

- ▶ This presentation will help parents of our younger teams appreciate the approach we take to giving every player the opportunity to be the best they can be on and off the field.
- ▶ The best organisations, be they clubs, businesses or entire nations etc. share the traits of:
 - ▶ integration
 - ▶ a learning culture and
 - ▶ innovation
- ▶ Bonnet Bay FC aims to create a Culture (or Club Mindset) where all its members work together to develop and exhibit these traits so we can attain our goals on and off the field.



The Things That Make us Different

We feel there are many things that make BBFC different to most other clubs. Some are easy to spot, like our wonderful location by the river, great clubhouse and excellent field.

You might notice that we are one of a few clubs to be represented in the top grades of senior mens and womens football - we punch above our weight.

Or you might see people enjoying a social environment that feels different to most clubs.

Or you might notice a few more volunteers - helping make it even better.

Or the excellent development curriculums we have in place for our younger players - great coaching and great value.

Or that we have a club chaplain to guide people through personal issues

Or that a group of BBFC members take a mission trip to Cambodia each year

But at the heart of all this, is a culture (or Mindset) that all Bombers are passionate about, which we work together to preserve and improve.

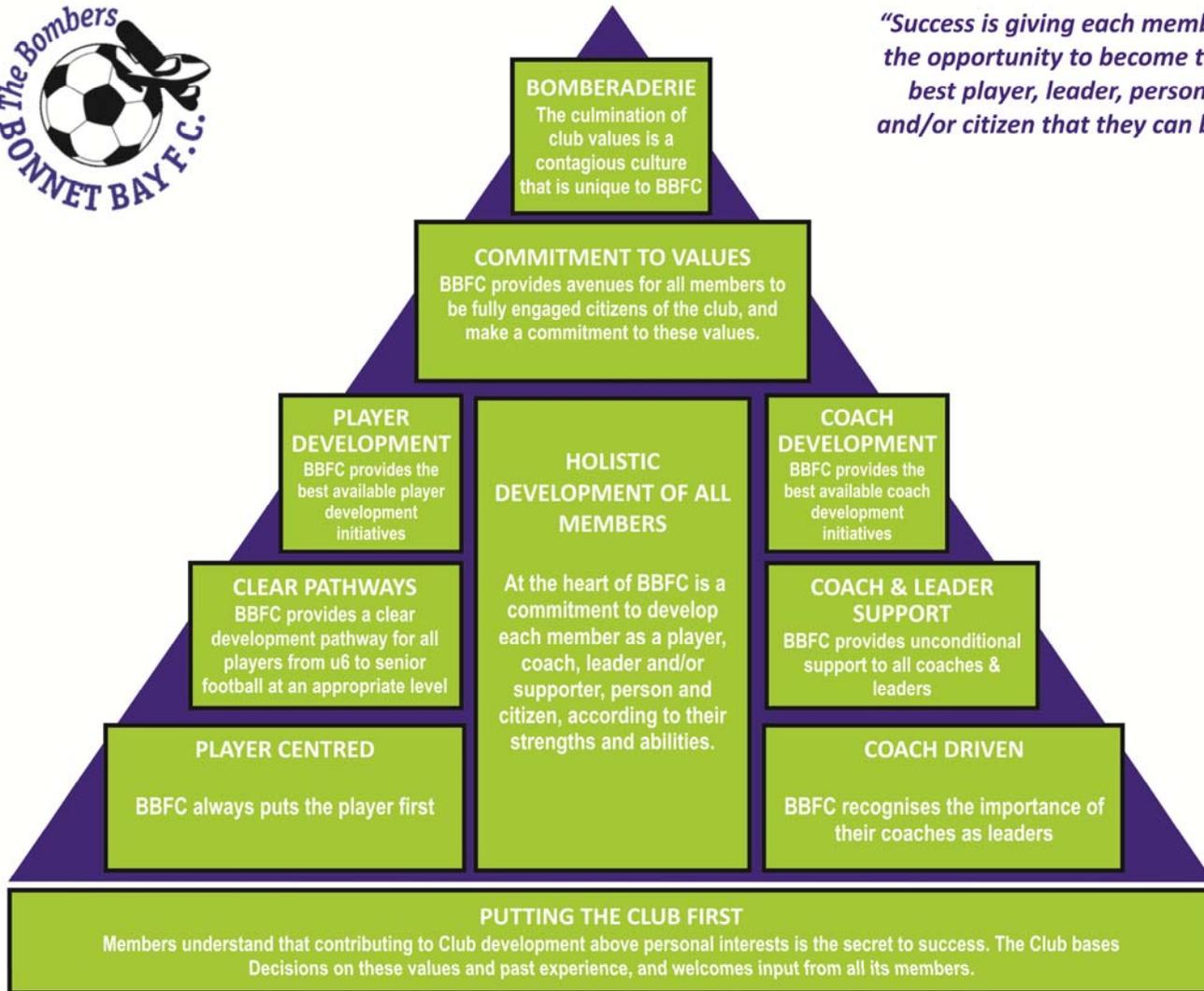


Our Culture

“Bomberadarie”

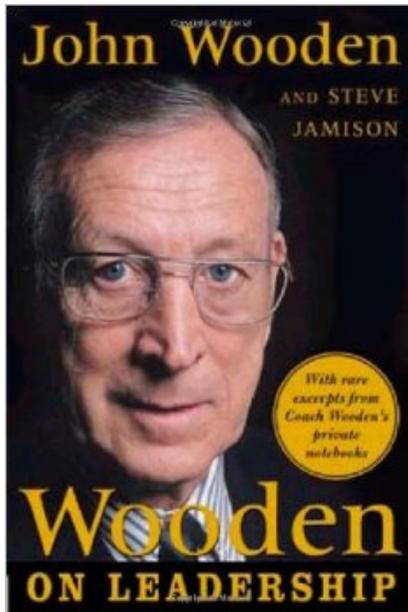
- ▶ At BBFC we believe our members will grow to value belonging to our club for many reasons that make us different including:
 - ▶ Our commitment to integrating with our community
 - ▶ Our commitment to helping our members grow as people
 - ▶ The innovation we show to stay ahead of the game in all departments
 - ▶ The economical access to excellent technical support which we offer to all our young coaches and players, irrespective of their grade or skill level
 - ▶ The scientifically validated resources we have developed, to assist parents, coaches and players to understand the extra dimensions of coaching, which go well beyond the drills books
 - ▶ Our excellent facilities, a benchmark for amateur sports clubs across the shire
 - ▶ The many social engagement opportunities we provide for all members
 - ▶ Our commitment to the following values pyramid





“Success is giving each member the opportunity to become the best player, leader, person and/or citizen that they can be”

The values and guiding principles above are the foundation of culture and development at BBFC



The BBFC Values Pyramid was adapted in conjunction with our in-house Sports Psychologist, Stewart Vella (UOW), from the works of John Wooden, who is regarded as one of the most successful coaches of any sport in any era.

His work has been a foundation stone for much of the modern thinking around sport, which focuses teaching through leadership.

John Wooden

The things you hope to teach those under you are best taught by your own behaviour—demonstration—whether it's the act of showing respect for others, being on time, shooting a free throw, or exercising self-control. Action speaks louder than words.

Sport has the Potential to Provide Your Kids with Life-Long Benefits

- ▶ Kids develop Traits that make them valuable team members:
 - ▶ Punctuality
 - ▶ Commitment, Grit
 - ▶ Adaptability
 - ▶ Go all out - not afraid to fail
 - ▶ Growth mindset
 - ▶ Confidence
- ▶ Kids learn about:
 - ▶ Leadership
 - ▶ Communication
 - ▶ Accountability
 - ▶ Responsible risk taking
 - ▶ Self esteem
 - ▶ Determination
 - ▶ Organisational skills
- ▶ Kids develop core Values:
 - ▶ Care and Compassion
 - ▶ Doing Your Best, Excellence
 - ▶ Fairness
 - ▶ Freedom
 - ▶ Integrity, Honesty and Trustworthiness
 - ▶ Respect & Loyalty
 - ▶ Responsibility
 - ▶ Understanding, Tolerance and Inclusion
 - ▶ Humility and Self-control
 - ▶ Resilience
- ▶ Kids enjoy Physical Benefits:
 - ▶ Improved strength
 - ▶ Coordination
 - ▶ Flexibility
 - ▶ Overall health



Most importantly, sports should bring
FUN and **ENJOYMENT** to kids' lives.



If it is not **FUN**, they will not gain the
many potential benefits on offer.

Reasons Kids Play Sport

Fun, Improve, Team, Exercise, Excitement

Most kids aged 12 to 16 do not play sports because of the desire to win. They play for the following reasons:

- ▶ To have fun (always #1)
- ▶ To do something I am good at
- ▶ To improve my skills
- ▶ To get exercise and stay in shape
- ▶ To be part of a team
- ▶ The excitement of competition

According to Dan Gould at the Michigan State University Institute for the Study of Youth Sports, kids want to have fun, to get better, and to be with their friends. They want parental support and encouragement.



Creating the Optimal Environment

The Club, Coaches and Parents need to work together to provide the optimal environment for kids to gain the life long benefits sport can provide

Parents can contribute to this by setting an example through:

- ▶ Cheering for everyone on the team, not just certain players, and not just your child. Never denigrate another player when talking to yours.
- ▶ Cheering for the team (and the opposing team), but not too much.
- ▶ Cheering and encouraging the team (and the opposing team) at appropriate times and in a civilised manner.
- ▶ Supporting the team win or lose - focus on effort.
- ▶ Supporting your child even when he/she is not playing well - focus on effort.
- ▶ Praising your child when he/she does something right - focus on effort.
- ▶ Always thanking the coach after training and games.
- ▶ Leave your child alone on the ride to games and home after games.
- ▶ Tell your child "I enjoy watching you play" after every game and really mean it.
- ▶ Just be there for your child, and share his/her sports goals instead of imposing yours.



Adapted from "Changing the Game" by John O'Sullivan

Better People Make Better Players!

Sweep the Change Rooms

- ▶ The New Zealand All Blacks are arguably the best sporting team of any code of all time with a 75% winning record spanning over a century.
- ▶ The All Blacks have a proven philosophy that “Better People Make Better All Blacks” .
- ▶ The All Blacks identified long ago that skills without the right values are worthless.
- ▶ BBFC firmly believes this is the case and that we need to have a balanced approach in our player development program
- ▶ At the end of each Test match senior All Blacks players sweep the change rooms themselves



The Player Development Program

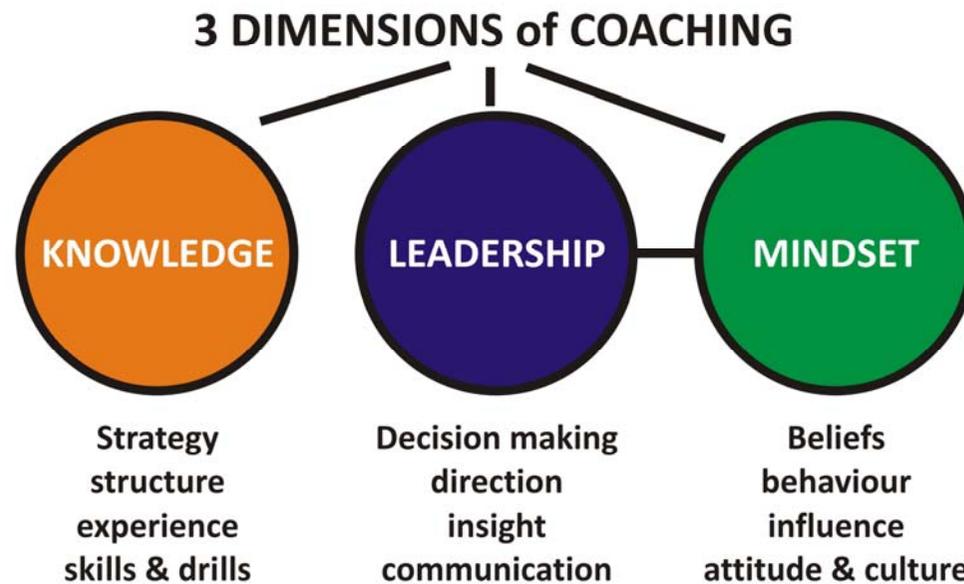
BBFC Foundations

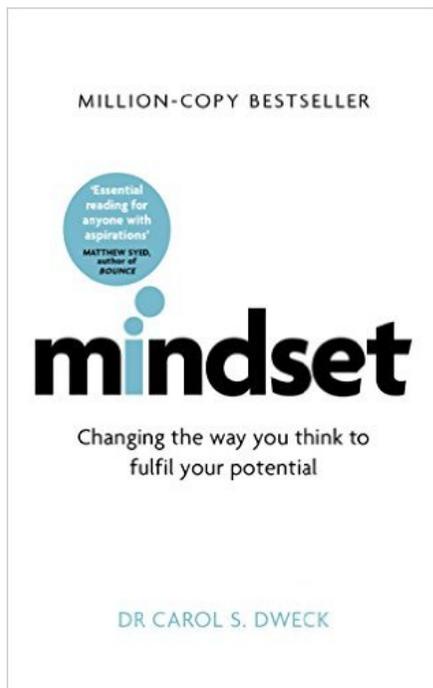
- ▶ Based on a Curriculum Established by Football Australia
- ▶ Supported by Professional Technical Directors engaged by BBFC
- ▶ Supported by an Experienced Club Mindset Coach
- ▶ Adopt the concept of developmental age as opposed to chronological age
- ▶ Club to provide resources for parents, coaches and players
- ▶ 6s to 7s - clinic style training with mini field matches (a beginners package with a 2nd training session replacing matches is available)
- ▶ 8s to 9s - training in a clinic style format with ¼ field matches
- ▶ 10s to 11s - training in teams with ½ field matches
- ▶ 12s to 16s - training in teams with full field matches. Technical director available at training to support coaches and players
- ▶ 18s and over - competitive football at an appropriate skill level



BBFC expects Parents
to understand these dimensions & support our coaches

BBFC expects Coaches
to focus on a balance between the 3 dimensions of coaching





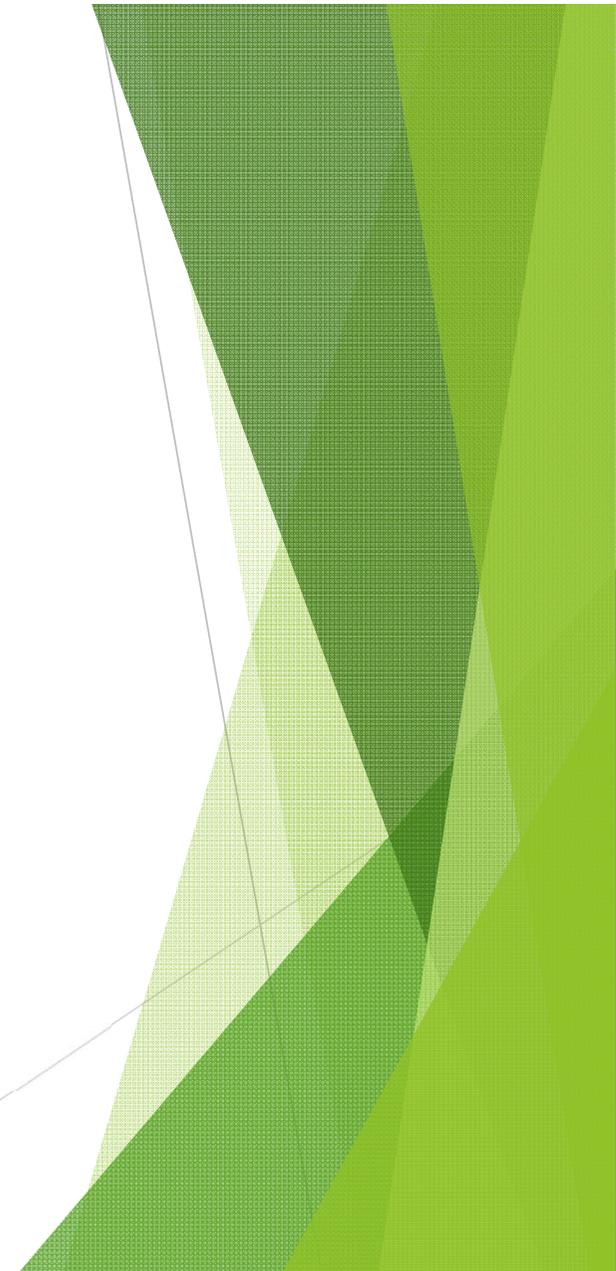
BBFC seeks to help all its players and members develop a Mindset, focused on learning from experiences and applying their best effort to be the best they can be.

This then enables a Growth Mindset to be extended/applied to our teams and everything the club does.

Dr Carol Dweck

“Athletes with a growth mindset find success in learning and improving, not just winning. The more you can do this, the more rewarding sports will be for you and for those who play for you and with you!”

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU'RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.



The Player Development Program

The Role of Parents in Coaching

Parents are not the Coach but play a vital role in assisting our Coaches by understanding and supporting the 6Cs below:

- ▶ **Communication, Respect & Rapport** - treat the coach(es), players & opposing teams respectfully and encourage your kids to do the same - thank the coach after games & training.
- ▶ **Common Sense** - understand learning a sport (like school) is a long process, where each child develops at their own pace right up until 18 years of age - late bloomers are common.
- ▶ **Conditions** - provide an environment that is physically, mentally, and emotionally safe, as well as developmentally and philosophically appropriate.
- ▶ **Competence** - the education process requires trial and error, failure and success, so allow your children to fail, and be patient as they learn.
- ▶ **Confidence** - acquiring skills helps a child become confident, and confident children pursue their interests with more vigour, authority, and passion than children who do not believe in themselves. Your actions (and inactions) can help your child become a confident athlete.
- ▶ **Control** - give your kids age-appropriate control in decision making. Know what they like.
- ▶ **Caring** - a child must never think that your love for them is conditional and based upon performance in sports.

Adapted from "Changing the Game" by John O'Sullivan



The Player Development Program

The Role of Coaches

- ▶ Create an Environment:
 - ▶ of Communication, Respect & Rapport with Players, Parents, Other Coaches & the Club
 - ▶ that is physically, mentally, and emotionally safe
 - ▶ where development and growth through effort, is more important than winning
- ▶ Instil confidence in each player to make the effort to be the best player they can be.
- ▶ Understand the concept of developmental age for individual players and teams, and adapt programs accordingly
- ▶ Encourage the concept of Focusing Forward - you cannot change what has happened so move on. Reflect and learn when time permits
- ▶ Actively promote the Club's Values
- ▶ Promote a Growth Mindset for Players, Team and Club
- ▶ Utilise and help improve the club's coaching resources



The Integrated Growth Mindset

Benefits for Yourself, Your Team & Your Club

▶ You

- ▶ *Put your best efforts towards being the best you can be at everything you do*

▶ Team

- ▶ *Actively encourage team members to grow and work together to reach towards the team's agreed goals*

▶ Club

- ▶ *Actively contribute to a club culture, characterised by integration, learning and innovation, based around the club's core values*



Volunteer to be part of it all

Help us make the Grass Greener

- ▶ At BBFC we think we provide an opportunity to help you and your kids enjoy a great experience for many years. These include (but are not limited to):
 - ▶ Excellent player development programs
 - ▶ Excellent facilities
 - ▶ Competitive charges
 - ▶ No canteen or bbq duty for parents
 - ▶ Social programs for all
- ▶ There is always opportunity for us to improve and we welcome constructive input and support in all areas.
- ▶ People sometimes feel the '**grass may be greener**' at other clubs for a variety of reasons (eg better players, better fields, better coaches) We have very '**fertile soil**' so why not help take care of your own club? Why not help to '**water your own grass**'?
- ▶ There are many ways one can volunteer (big or small) - coach, manager, admin, maintenance, marketing, committee etc.
If you want to be involved email volunteer@bonnetbayfc.com



Help us meet the challenge to 'Make the Grass Greener' Through integration, learning and innovation

"I have been impressed with the urgency of doing.
Knowing is not enough; we must apply.
Being willing is not enough, we must do."
- Leonardo da Vinci.

"The one unchangeable certainty is
that nothing is certain or unchangeable."
- John F. Kennedy

"Be the change that you want to see in the world."
- Ghandi

"Insanity is doing the same thing over and over again
and expecting different results."
- Albert Einstein



Thank You to Our Contributors

People who have contributed to development of this philosophy

- ▶ Peter Burgess - BBFC President
- ▶ Anthony McDonald - BBFC Player Development Committee
- ▶ Stewart Vella - Sports Psychologist UOW & AL1 Coach
- ▶ Brett White - BBFC Mindset Coach & Club Chaplain
- ▶ Mark Greentree - Primary School Principal
- ▶ Paul Lindbeck - MiniRoos Co-ordinator



Resources

Follow Links

- ▶ ["Changing the Game" - John O'Sullivan](#)
- ▶ [Video Presentations by Brett White, BBFC Mindset Coach](#)
- ▶ "Mindset in Sport" - Brett White
- ▶ "Legacy" (what we can learn from the ALL Blacks) - James Kerr
- ▶ [Mini Roos Parent Information Pack - Football Federation of Australia](#)



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