



RHJFC Training Script

Applying the code of conduct you signed up to!

The way we play on match-day depends on how we train:

- **Accept mistakes = you will never give up!**
- **Give 100% effort = you will always feel proud!**
- **Stretch yourself = achieve your potential!**
- **Support others = you will become a great team-mate!**
- **Accept all challenges = fear nothing!**
- **Keep focussed & listen = you will never stop improving!**

So to ensure all our players feel confident, are match-fit, have a winning mentality, and become mature and respectful young people
...we need to develop great training habits!

Do 😊

- **Arrive on time & come prepared: looking smart etc.**
- Listen and show you are listening
- **Return to huddle on the whistle – 10 seconds max'**
- Follow instructions: first time, every time
- **Show a positive attitude & try your best in every drill**
- Be prepared to make loads of mistakes – it's how we learn
- **Respect your opponents in training**
- Say thank-you and help tidy up at the end of session.

Don't 😞

- **Talk when the coach is giving instructions**
- Touch a ball once you've heard the whistle/shout
- **Roll around on the floor & act daft**
- Moan or sulk
- **Continually ask to play in this position or that position**
- Give up when things are challenging
- **Ignore instructions**
- Be rude, unsporting or violent
- **Get frustrated when you make mistakes**
- Leave the tidying up to others whilst you continue to play football etc.