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 focused & 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.

Please remember: players consistently breaking the code-of-conduct will miss training/games & could potentially have their membership revoked without refund.