



2025 REPRESENTATIVE SEASON SPIDERS COACHING APPLICATION

“WMI” (what’s most important)

- Peter Lonergan

What we are looking for in our Spider coaches:

1. Culture = Behaviour

- “You can’t just talk about culture → Need high standards and consistently hold players accountable” - Brian Goorjian

2. Program planning

- “Your structure is underpinned by your concepts”
- “Your concepts are underpinned by skill”

Quotes from Damian Cotter

3. Importance of skill development

- “The hardest part of coaching is making a player better”
- “KISS (Keep it simple stupid)”

Quotes from Brian Goorjian

4. Your practice sessions

- “You are how you start”
- “5 ingredients of a drill
 - Time, score, rotation
 - **Teach to advantage**
 - **Communication**”
- “If your players don’t go ‘through the fire’, you can’t get an outcome” – importance of competition and intensity in practice

Quotes from Mike Dunlap

5. Game day coaching

- “Transition stops when you play 5v5. Challenge defenders to make decisions and shift” (use the clock each possession).
- Your substitution pattern (players can’t get better without game time)
- Game preparation and strategy: who (and how) do you stop your opponents’ most influential players?



6. Policies & Guidelines

- Support and adhere to the Associations uniform policies.
- Follow BNSW coaches code of conduct

7. Player Care

- Model exemplary behaviour
- Effective communication and rapport with players and families.
- Undertake responsibility for the care of players

8. Coaching accreditation/education

- Possess current “Club Coach Course” certification
- Where practicable, attend BNSW events and programs
- Attend scheduled coaches’ induction, meetings and clinics

9. Working with children check/child protection

- Complete the PBTR child protection course
- Have a current first aid certificate
- Possess current WWCC

Selection Criteria

Qualifications & experience needed

- ❖ Suitability and experience for the age group(s) nominated

Demonstratable ability (practice sessions)

- Conducting efficient and effective trainings
- Improving players skills, conditioning, speed, physicality and decision making
- Having an emphasis on individual and team defence
- Training with other teams/coaches when asked
- Preparing players/team for opponents (“put in the work at training”)

Demonstratable ability (game day)

- Executing the game plan (player roles and responsibilities), and making changes “in game” when needed
- Practice session content transfers through to game day
- Coaching to provide a competitive outcome
- Where possible, providing all players with playing time (dependent upon training attendance and coachability)
- Giving meaningful player feedback (e.g. in stoppages, breaks and substitutions)



In consideration of your application

Name _____

Address _____

Mobile _____

Email _____

You are applying for a position as:

Team Head Coach

Assistant Team Coach

What age groups and teams would you like to coach?

1 _____

2 _____

3 _____

Briefly list your coaching experience and knowledge that will aid the development of players in these teams

What (if any) areas would you need assistance with to coach players in these age groups?

Who would you like to coach with?
