

IS Halmia Youth



The red-white thread

Created in autumn 2013 by IS Halmia's youth section
Version 6.0, decided by IS Halmia's board on 2023-02-20

The club's basic idea

IS Halmia's activities are open to everyone and above all cares about the activities for children and young people. We have fun together and respect each other. We work for individual and joint development of both individuals, teams, and associations. IS Halmia is to develop into a safe, innovative, and growing association that is perceived as a very attractive choice for children, young people, and people with elite ambitions.

About the red-white thread

The red-white thread, which was developed by the Youth Section in 2013, is indicative information and help for the members of IS Halmia. This document will be regularly updated. In the creation of this document, we have used, among other things, the Swedish Football Association's "Soccer play and learn" and "player training plan". As well as the Swedish Sports Confederation's "Sport wants". The present revised version has been approved by IS Halmia's board on February 12, 2023.

Our ambitions in youth activities are

- To run activities that is open to everyone, with both breadth and elite
- To conduct youth activities with good quality and camaraderie
- To run activities that achieves sporting goals and social results
- To train players who reach the club's senior teams
- To provide the opportunity for development at a rate that suits everyone
- To create a positive and healthy environment that develops a lifelong interest
- That everyone should distance themselves from racism and xenophobia and
- oppose all forms of discrimination, bullying and derogatory language.
- That everyone respects the importance of fair play
- That the activities are characterized by training and development with motivated and knowledgeable trainers and leaders.
- To contribute to sustainable development in line with the United Nations 17 global sustainability goals

Guidelines for players

- Follow what your coaches say during training, matches and other activities
- Notify your coach if you are prevented from coming to practice/match
- Be a good teammate
- Use respectful language
- Keep yourself informed about training, matches and other things relating to your team and the club
- If you are sick or injured, you should not take part in training or matches

Guidelines for coaches and leaders

- Be good examples for others, both on and off the field
- You have a great responsibility for the children, socially and athletically
- Always arrive on time (at least 15 minutes before sessions) and be well prepared
- You are responsible for having the right equipment at each training session.
- See and pay attention to each individual player.
- Establish a good relationship with parents of the players
- Participate in leadership meetings organized by the club
- Arrange kick-off meetings before the season and closing after the season
- Hand over and go through the red-white thread with players and parents
- Keep an attendance report for training and matches
- Contribute to keeping the club's website up to date
- Put "the player in the center"

Guidelines for parents

- You should not criticize your child, but instead give positive praise
- It is the coach who decides how the team/child should play - not you
- Do not criticize referees or other match officials.
- Never criticize the opposing team, its coach, or spectators.
- Feel free to give constructive feedback to coaches and leaders
- Together with the other parents in the group, you must support the coaches and leaders

Preschool age playful football) 4–5 years-old

Goal

Offer activities for children and stimulate interest in play and ball games.

Guidelines

Activity once a week

Boys and girls together

Emphasis on having fun

Teach the children simple rules through ball games

Ball games with a maximum of three against three with equally strong teams

All children receive a shirt, shorts, and socks after paying the membership fee.

Leader

Started by experienced leaders in older youth teams. These then act as a springboard and as “teachers” for at least two parents who take over. Parent leaders must be offered to attend the football association's "Kick-off" and "Leadership1"

Football-school 6–7 years-old

Goal

Stimulate children's interest in sports and football

Teach the children basic techniques through playful ball training

Teach the children to consider each other, respect rules and fair play

Guidelines

Training 1–2 times a week incl. matches

Girls and boys together

Emphasis on play and technique

Small team game four against four with equally strong teams

Pool games in the local area and cups both indoors and outdoors

Introduce and inform parents about Halmia's core values

Leader

At least two parent leaders

The goal is for the leaders to have passed "Kick-off" and started "Base1"

Children's football 8–10 years-old

Goal

Stimulate children's interest in sports and football

Develop the children's technique and understanding of the game through playful ball training

Teach the children to consider each other, respect rules and fair play

Guidelines

Training 2–3 times a week incl. matches

Boys and girls together

Emphasis on technique, play moments, dribbling and feints

Small team game five against five – seven against seven

Pool games in the local area and "series games" in one of the Alliances at age 10. Cups both indoors and outdoors. All active, no substitutes

Leader

At least two parent leaders

The goal is for the leaders to have passed "Kick-off" and started "Base1"

Youth football (Ungdomsfotball) 11–12 years-old

Goal

Teach youth to respect rules and fair play

Learning basic tactical principles

Develop passing game

Guidelines

Training 2–4 times a week incl. matches

In-depth technique and game moments, position training and passing game

Small team game seven against seven - nine against nine

Encourage self-training and football at school

Series games in the local area in the football association's 7-man-play, everyone must play

Leader

At least three leaders, two of whom are coaches

The goal is for the coaches to have gone through "Kick-off" and "Base1"

Youth football 13–14 years-old

Goal

Play in different positions, gain insight into the requirements from the different positions
Intensified goalkeeper training.

Offer all players the opportunity to play football in Halmia until senior age and stimulate a future interest as a player, manager, referee or spectator

Guidelines

Training 3–4 times a week incl. matches

Deepening technique, continued positional training, individual training for different positions

Small team game eleven against eleven

Encourage self-training and football at school

9-man during the transition year (13 years) and then 11-man, everyone must play

Leader

At least three leaders, two of whom are coaches

The goal is for the coaches to have gone through "Kick-off" and "Base1"

Junior football (potentially Elite) 15–19 years-old

Goal

Preparation for senior and elite football in all areas

Stimulate the players to an elite investment, choice at about 15 years of age

Guidelines

Training three to four times a week incl. matches

Deepening of technique and training elements required for senior football at least div 1 level

Small team game eleven against eleven

Encourage self-training and football at school

Individual training in addition to team training

Leader

At least three leaders, of which at least two are coaches

The goal is for the coaches to have gone through "Kick-off", "Base1" and "Base2"

Goalkeeper training

The goalkeepers in IS Halmia's youth team should be offered special training once or twice a week from the age of 13. But it is also important that the goalkeeper participates in the regular training together with the outfield players, partly to train his own game with his feet, partly to get an idea of how a striker thinks and plays. Goalkeeper training can take place under Halmia's auspices or in collaboration with other clubs. The goal is for Halmia to have its own goalkeeper coach for young people.

Membership fees and finances

As a player or member of IS Halmia, you normally pay the membership and training fee once a year. The size of the fee is decided at the annual meeting. If you do not pay the membership and training fee, you do not have the right to participate in the activity.

The association pays the team's entry fee for series games, cup games (maximum 2 indoor cups and 2 outdoor cups per season) and district championships. Each player himself pays any individual entry fees in cases where they occur. This normally always occurs for those cups where accommodation and food are included. In order to give everyone the opportunity to be able to participate, the club believes that you should work together to earn the money for these individual entry fees through various activities.