



FC Rosengård

Football policy for the youth section



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We are FC Rosengård

This football policy states how our children and youth section operates. Starting from our vision and leading principles the policy describes the framework of our children and youth section.

Believe in your dream

FC Rosengårds vision is to create an equitable Malmö that includes all people and areas. A place where all children and families dare to believe in their dreams and have goals for their future. Both on and off the pitch.

Our leading principles

FC Rosengård conducts its work based on its leading principles equity, community and winning culture. We strive every day to be a force of good in society that effects change.

Equity

Our work with equity includes fighting for equality, integration and inclusion. Our goal is that everybody, whether in the context of sports or society, has equitable opportunities. We work in an active fashion for the inclusion of everyone, no matter who you are, where you come from, or who you love.

Community

In our FCR-family we want everybody to experience participation and involvement. The sense of community in our club shall serve as a source of safety for everybody working within and with the club.

Winning culture

FC Rosengård has always had a strong tradition of winning. To win is our goal, but a winning culture is so much more than titles and victories. We want to achieve success in football and in our commitment to society. We have a winning culture when we aim to be best - but are also aware of the fact that failing is part of the path leading to success.

National sports association and the Swedish society

FC Rosengård is a club which operates as part of the National sports association and the Swedish society. We adhere to the values all sports organisations are committed to:

- We commit to democratic values and consequently all individuals adhering to the same values are welcome to take part of our work
- We shall respect all individuals, without distinction of sex or gender
- We shall follow the rules of society
- We shall interact with opponents, their followers and everybody working with and around our matches with friendliness and respect
- We distance ourselves from all forms of disparaging attacks
- We shall take action towards the achievement of just competitions where both victory and defeat are met with sportsmanship

The football section of FC Rosengård

FC Rosengård is a sports club with a strong belief in the future. We work everyday for a better future for Malmö, where children and youths have goals and believe in their dreams. Football is our way of contributing to the society of tomorrow and strengthen individuals during their childhood. This football policy describes how this work is organised and executed.

The structure of our organisation

Our youth section is divided into three stages: children's football, youths' football and elite preparation stage. Our operations at senior level consist of the elite section.



Within sports it is usual to compete according to sex and up until senior level divided according to age. Both of these divisions we in FC Rosengård believe lead potentially to negative consequences with regard to wellbeing and development of youths. Sporting associations create competitions based on chronological age since they view age as an indication of performance capability. Their goal is to create equal and developing competitions. However, age is just one of several aspects that describes what a player needs for optimal wellbeing. Studies have also shown that to organise sports according to age leads to advantages for children born early on in the year.

Within our organisation we have conditions that allow us to view players from different perspectives than chronological age for coming to conclusions on how to stimulate children and youth in an optimal way and create security. In this holistic view social and psychological aspects are as important as a player's technical abilities, decision making and physiological predispositions. Children and youth develop at different paces. Within the youth section of FC Rosengård we therefore prioritise comparisons with one's own previous performances instead of comparisons with others at the same chronological age.

In FC Rosengård children of all genders are welcome to train together. To learn together and to see opportunities instead of borders are important for us as a club. We work to further ways for children of different genders to play and compete together. A more equitable society is a society with equality between genders. Everybody benefits this way.



Internal motivation

Our work builds on the internal motivation of children and youths. The joy of movement, to be part of a social community and a drive to develop and compete are fundamental building blocks of our work and players' most important capital. At our club players shall find opportunities and optimal stimulation for them to be able to believe in their dreams.

Sustainable sporting

Psychological and physiological wellbeing are fundamental conditions to thrive, in football and in life. We work towards ways of sustainable sporting in all stages of our youth section. Longterm perspective, patience and positive expectations shall feature in our interacting with young athletes.

Football - just one among many sports

At our club we regard football as being the most fun of all sports. Football is our passion but we also have a big heart for all other forms of sports. To be active and in movement, to be part of a community, to compete and enjoy oneself are valuable experiences, no matter in which sporting context they occur.

We respect everybody's wish to exercise and to take part in multiple sports and encourage our players to go in for sports. Players in FC Rosengård that participate in multiple sports will always be met with understanding and encouragement. Nobody will be sidelined for playing multiple sports.



Elite section

We regard football in all its forms as a rewarding and positive activity that creates joy and community. Elite sports are just a small part of all sports but attracts a lot of attention. Elite sports plays an important part in many people's lives. Championships touch and inspire people, even when they do not participate themselves.

The elite section in FC Rosengård is formed to compete for titles but also because the attraction of elite football can act as an agent of change. We shall seek sporting success but also position ourselves for integration and equality.

FC Rosengård shall create conditions necessary to achieve elite levels of football, nationally and internationally. Many people love to compete and want to contest with the best. In our club players that dream about success and big matches shall experience faith and support along their way.

Elite sports build on trust and faith - faith into one's own ability and trust between coaches, players, parents and the club. Central to a commitment to achieve elite football are desire to learn and to compete. No matter win or defeat, one learns continually more about oneself.

The elite preparation stage shall operate in such way that youths can reach the elite section and represent FC Rosengård at senior level. To this end FC Rosengård regards it as a responsibility to operate with diligence, patience and responsible guidance. Coaches in FC Rosengård shall act in a supportive way so that youths can grow and make their footballing dreams reality.

Players within the elite preparation stage can receive notice to continue their football career at a different club instead. This kind of decision is taken among the player's coaches and the head of the youth section towards the end of the autumn season. It is to be communicated during a meeting where a coach, the head of the youth section, the player and his/her parents are present. The reasons for not offering a spot on a team for the upcoming season may be based on the player's motivation, attentiveness in learning and possibility to get playing time.

Policy for matches

Matches are supposed to be fun and instructive, this way they contribute to children's and youths' wish to continue in sports and to develop. Not all children however think of matches as being fun. It is a particular responsibility of grown-ups to create a pleasurable environment around matches. This is a responsibility shared by all stakeholders during all years they follow a youth's sporting career.

Policy for league competition

At FC Rosengård decisions on which leagues to play are always taken with the aim of achieving optimal playing environments. We want matches to be fun, challenging and instructive.

Football for children

For every game the team consists of a limited number of players. All players called upon are guaranteed to play at least two periods of the match (in 5 vs 5 everybody gets equal playing time). For matches played as 5 vs 5 a team consists of 8 players. For 7 vs 7 (small) a team consist of up to 10 players. Groups are to participate in match gatherings and leagues so that everybody has the opportunity to play frequently. During this stage players will play with varying tasks and in different areas during matches. We want players to test all positions and regard this as being conducive to their development and understanding of the game.

We conduct trainings and matches in such fashion that they further the children's desire to train and play. Nevertheless players can miss out on trainings and matches due to sickness, school activities and injuries. We want to provide ample opportunity for children to play regularly. In case a selection has to be made it will be based on the dedication and attentiveness in training and players' attendance. A fundamental requirement for representing our club is that a player interacts respectfully with everyone.

Football for youths

For every game the team consists of limited number of players. All players called upon are guaranteed to play at least two periods of the match. For matches played as 7 vs 7 (large) a team consists of up to 10 players. For 9 vs 9 (small) a team consist of up to 13 players. Groups are to participate in leagues so that everybody gets to play frequently. During this stage players are expected to play in at least two different positions. To play multiple positions is conducive to players' development and understanding of the game.

We conduct trainings and matches in such fashion that they evoke motivation and desire to train and play. Nevertheless players can miss out on trainings and matches due to sickness, school activities and injuries. When selecting the team for a match, dedication and attentiveness in training is rewarded. A player's attendance in training is no



guarantee to be selected for a match. A fundamental requirement for representing our club is that a player interacts respectfully with everyone.

Elite preparation stage

For matches played as 9 vs 9 (large) a team consists of up to 13 players. These players are guaranteed to get at least 25 minutes of playing time. For matches played as 11 vs 11 up to 18 players are selected for the team, with 16 being the norm. Players are guaranteed to get at least 25 minutes of playing time, with the Svenska Spel F19 competitions being the exception. A fundamental requirement for representing our club is that a player interacts respectfully with everyone. At this stage in FC Rosengård team selection is based on dedication and attentiveness in training since the previous selection was made. A player's attendance in training is no guarantee to be selected for a match. Missed training sessions and communication concerning absence are taken into account in the selection process. Physiological aspects, such as lesser injuries, days since recovery from sickness or the planned return to play are further aspects weighted in this process. It is the coaches' task to talk with players concerning the selection process for matches but players do nevertheless have a responsibility to seek information themselves from the coaches.

At the elite preparation stage players are expected to be able to play at least two different positions. One position is regarded as a primary position and the other as an alternative position. Coaches have a continuous dialogue with players concerning their positions. We regard playing in one and the same position as creating security and depth of knowledge. But playing an alternative position is instructive as well. Variation is therefore a tool for stimulation, leading to an increased understanding of the game, one's team mates and opportunity to work on particular skills.



Policy for participation in tournaments

Competing in tournaments has a big impact on the cohesiveness of a group. Children and youths get to spend time together, for a whole day, for a weekend or several days. Tournaments also serve as a complement to the regular competition environment.

Participation in tournaments is always tied to a clearly stated purpose that players and parents are informed of. Teams in FC Rosengård that participate in a tournament do this either with a social purpose, for the purpose of education or with a goal to compete for top positions. The different purposes are tied to one another, competition for top positions builds on the previous purposes, social and educational. Which purpose is chosen for a tournament dictates team composition for the tournament as well as positions and playing time.

Tournament with social purpose

Cheerfulness and community are of central importance when a FC Rosengård team participates in a tournament with a social purpose. Everybody participates on the same terms and gets to play equally much. The goal with participation is to develop team spirit and to spend time together. Football is the activity that joins us together but social aspects are of most importance. We represent the club by showing how much we care about solidarity.

Tournament with an educational purpose

When a team participates with an educational purpose, educational efforts are added to cheerfulness and community. The areas of education are chosen by the coaches and can for instance consist of how to recover between matches, football psychology, coaching, playing in different positions etc. All players get a lot of playing time. Only if qualifying for the final round for top teams may the distribution of playing time be altered.

Tournament with focus on result

In tournaments where teams compete for top positions no guarantees for playing time are given. Nevertheless are the solidarity within the team and educational efforts to be respected. A well planned team selection benefits the participation in the tournament and guarantees that all focus can be placed on performance and results during the competition. It is the coaches' responsibility to have a dialogue with those players not selected for a tournament.

	Children's football	Youth's football	Elite preparation stage
Local tournament	<i>social</i>	<i>social</i>	<i>social</i>
Regional tournament		<i>educational</i>	<i>educational</i>
National tournament		<i>educational</i>	<i>focus on result</i>
International tournament			<i>educational</i>
European friendly matches			<i>educational</i>



Policy for international matches and international tournaments

Football is being played with different styles in other countries. International matches during training camps and travels are therefore a unique opportunity to experience different rhythms and playing styles. In the elite preparation stage FC Rosengård participates only occasionally in international tournaments. Matches played over 90 minutes against challenging opposition are to be prioritised ahead of tournaments.

All international matches, no matter single match or tournament, are to be played with an educational purpose.

To become part of FC Rosengård

Football is for everybody

In FC Rosengård we want everybody to get the chance to fall in love with football. Being active increases children's wellbeing, many children participate in multiple different activities as a consequence. Due to football's attraction many give it a try at some point in their lives. We shall represent the sport of football in optimal ways by creating joyful and fun activities. During the stage of children's football everybody get to participate.

To train in our youth section shall be inspiring, that way increasing the willingness to participate in trainings and matches. In case FC Rosengård does not have resources enough to create extra groups or accept more players shall players be offered alternatives. We assist and give advice to individuals considering playing at other clubs and make use of our network of clubs at the local and regional level.

At the elite preparation stage we only accept players that have been playing for several years. We require references and make our own observations before a try out is offered. In all other cases alternatives in form of other clubs are to be suggested.

Recruitment policy

At FC Rosengård we do not recruit actively players to our youth section. Whilst being usual business at senior level we believe active recruitment to be wrong at youth level. Even at the point of knowing ambitious players that have progressed a lot in their development we do not believe we can pass judgement on whether its is the optimal time for the player to transfer to FC Rosengård. This is due to the fact that performance in matches does not provide a holistic picture or indication of the player's motives. Since we value motivation highest and know by experience that it is of utmost importance for a sustainable career, we prefer to get to know players better first. We want the player to be in control and make his/her own decision concerning a transfer.

Try out

At the stage of football for children we do not talk of try outs but rather "Get to know". Get to know means to acquaint oneself with the sport and FC Rosengård. Children and their parents are welcome to sign up for trainings continuously during the year. We want to offer as many children as possible the opportunity to play at our club, we are however constrained by resources such as number of coaches and available training times. In case a groups resources are exhausted a queue system is applied. To sign up for groups for children a contact form on our homepage is used.

At the stage of youth football we offer try outs based on chronological age. Until we get to know the player better this simplified procedure helps the player to get under way at FC Rosengård. Try outs last for a period of two weeks during which the player gets to attend trainings. This period provides the player with the opportunity to get to know our youth section, experience how training is conducted and get a feel for how everyday life



looks like when traveling to a different stadium. In case of illness, injury or family emergency leading to a player missing out on training sessions the try out period is extended. FC Rosengård has the possibility to deny a player a spot at the club based on available resources, group constellation or in case the player would not be stimulated in an optimal way at our club.

Try outs at the elite preparation stage are conducted in the same way as at the youth stage. However, chronological age is no constraint. Which group a player gets to try out with is decided based on observations, references and competition experience.

Ahead of any try out the player and his or her parents are required to inform the current club about their intent to try out with FC Rosengård. FC Rosengårds head of department always informs the current club and confirms the try out.

Children's football	Youth football	Elite preparation stage
<i>continuously</i>	<i>time period</i>	<i>time period and individual agreement</i>
following our queue system	post season: 15th nov - 15th dec	post-season: 1st nov - 15th dec
	pre-season: 15th jan - 1st mars	pre-season: 15th jan - 15th feb
	mid season: 1st aug - 15th aug	mid season: 1st aug - 15th aug
		also: following individual agreements between player and clubs

Guest training

As part of the guest training scheme highly motivated players with high ambitions from other clubs and are offered the opportunity to experience the training environment in our elite preparation stage. To experience a new environment can boost motivation and our training sessions contribute to the player's development. The purpose of the guest training scheme is to stimulate players from other clubs and can in the long term result in a transfer to FC Rosengård.

A successful bid to reach the elite section at FC Rosengård requires high levels of ambition and motivation. We want to make certain whether the player in question has the required motivation to continue his or her career in a sustainable fashion at FC Rosengård and to thrive.

A player taking part in this scheme gets to train with FC Rosengård on a regular basis over an extended period of time. This way the player is able to get to know our operations as well as our player and coaches. We on the other hand get to know the player better. As a start a player is welcome to train once a week at FC Rosengård. An increase in training volume is only allowed if the current club agrees. The player's environment at his or her current club is always prioritised ahead of our operations.