

Preston North End (APP)

APP40 Attitudes & Ethics



Fair Play

It is concerned with refusing to

- Not breaking rules deliberately
- Not seeking to gain an unfair advantage
- Not exploiting situations for one's own selfish desire
- Not taking unacceptable actions: intimidation, direct aggression, verbal abuse, disagreement with official or anyone else in authority

Fair play is associated with justice and integrity which means all of us having responsibility to keep rules in order to ensure a good game for everybody.

Why do we need rules?

In order to: -

- provide a structure to enable us to play the game
- provide equality when an infringement occurs to restore balance to the game
- protect all players. If players wilfully violate the rules of the game they are intentionally violating the good of all players because they place self interest above the good of all.
- Provide a guide to conduct. The problems presented in a game by our opponents are obstacles to our success. Conduct rules serve the interest of all players. Thus it is important that all young players learn as soon as possible that rules are essential to enjoying the satisfaction of the game.

Violating these rules brings the game into disrepute and destroys the very essence of why we play the game.

Preparing Mentally for Achievement in Sport

- look good, feel good, play well – develop the image of a good player
- be positive about yourself
- set yourself, with the help of your coach, a number of small achievable targets on the route to excellence
- build a positive support group – family and friends who reinforce your belief
- become a continual learner – listen to the coach and show you can put advice into action
- enjoy practice – it is the key to success on match day
- work on mental toughness so you can concentrate for the full game
- beware of negative self talk after a mistake – learn the discipline of letting go and recovering

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APP40 Attitudes & Ethics Cont...



- be strong enough to take responsibility for your mistakes – don't blame others
- Listen and learn from positive criticism – it is part of developing Excellence
- Concentrate on personal excellence and let results take care of themselves
- Accept team responsibility – look at how to help players around you
- Develop composure – deal with incidents calmly, don't react emotionally and lose control
- Develop as a whole person – excellent players are excellent people
- Put football into perspective – 'an enjoyable life experience, possibly a career, definitely not life or death'

The Youth Development Programme is not only about improving a player's technical ability and the effective management of their lifestyle it is about the complete sporting attitude of everyone involved. This is at all levels, from the volunteer, coach, player and parent to the enthusiastic supporter.

Play Fair

1. Always play in a sporting and friendly way
2. Play to win but play fairly
3. Play because you want to and not because you are forced to – **Enjoyment is essential**
4. Learn the rules, accept them and play by them
5. Never argue with the referee
6. Respect your opponents and their supporters
7. Never swear.
8. Never cheat or play act
9. Never tell a player from either side he is no good or mock him for making a mistake
10. Do not over-react when your team scores
11. Be a good loser as well as a winner
12. Shake hands with your opponents
13. Do your best at all times
14. Encourage your team and supporters to respect players, officials, coaches and supporters from both teams.