



SOUTH AUCKLAND RANGERS AFC

12 Month Physical Welfare Plan - 2027

Purpose

This plan provides a structured, proactive approach to physical welfare across the 2027 calendar year. It is designed to promote physical performance, reduce injury risk, improve player's wellbeing and support a safer, more informed football environment across pre-season, early season, mid-season and post-season.

Inclusion principle: Female players are included across all age groups and season phases. Youth and senior physical welfare is explicitly included in the mid-season programme.

2027 Defined Focus Areas

Month	Season Phase	Focus Area	Action & Activities	Responsibility
January	Pre-Season	Club Physical Welfare Commitment: - Preparation guidance - Concussion guidance - club-wide welfare expectations.	Launch the club's 2027 physical welfare commitment. Share preparation and concussion guidance through club communication channels: - Sporty newsletter - SAR website articles - SAR Facebook using NZF resources/assets - Pre-season coach and manager briefings - NZF P&P Spotlight Sessions, where available - Send email correspondence to all registered players and/or parents following registrations	Physical Welfare Representatives Grade Coordinators
February				
March				
April	Early Season	Physical Fundamentals & Header Prep – All Age Groups Developing age-appropriate movement skills	Physical Fundamentals & Header Prep – Actions	Physical Welfare Representative Director of Football Grade Coordinators
May				



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June		- Promote safe physical development - Develop balance, coordination and movement competency - Promote safe and age-appropriate heading preparation - Support good physical foundations for football - Include junior, youth and senior players - Include female players across all age groups	- Promote age-appropriate movement skills and safe heading preparation across all age groups. - Incorporate safe movement, coordination, balance and physical development into regular training. - Review and reinforce safe heading and physical development practices throughout the season. - Ensure female players are included across all age groups. Measures of Evidence / Delivery - Practical coach-led delivery across all relevant age groups - Sporty newsletters promoting physical welfare and NZF guidance - SAR Facebook posts using NZF resources and assets - Coach check-ins to review implementation and reinforce key messages - Coaches and Managers Meetings	
July	Mid-Season	Youth & Senior Physical Welfare + Female Athletic Health: - Support mid-season physical welfare - Manage player workload appropriately	Mid-Season Physical Welfare – Activities Promote mid-season physical welfare for youth and senior players.	Physical Welfare Representative Director of Football Grade Coordinators
August				
September				



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		- Promote effective recovery practices - Reduce the risk of injuries - Support appropriate strength and conditioning - Promote safe and sustainable physical performance - Include youth and senior players - Embed female athletic health across all age groups	- Support workload management, recovery, hydration, conditioning and injury prevention. - Promote injury reporting and safe return-to-play practices. - Review delivery and gather player and coach feedback. - Include female athletic health and physical needs across all age groups. Measures of Evidence / Delivery - Practical coach-led delivery across all relevant age groups - Sporty newsletters promoting physical welfare and NZF guidance - SAR Facebook posts using NZF resources and assets - Coach check-ins to review implementation and reinforce key messages - Coaches and Managers Meetings	
October	Post-Season	Strength & Conditioning - Safe post-season physical development - Age-appropriate strength and conditioning - Maintain and improve physical fitness - Support ongoing player development	Post-Season Strength & Conditioning - Activities - Promote safe and age-appropriate strength, mobility and conditioning. - Support continued physical development and performance progression.	Physical Welfare Representatives
November				
December				



New Zealand
Football





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		• Prepare players for future performance and the next season • Include junior, youth and senior players • Ensure female players are included across all age groups	• Encourage a balanced off-season with appropriate activity, rest and recovery. • Prepare players safely for the next pre-season. Measures of Evidence / Delivery • Sporty newsletter • SAR website articles • SAR Facebook using NZF resources/assets • NZF P&P Spotlight Sessions, where available	
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