

COACHING KIDS

WHAT IS COACHING KIDS ALL ABOUT?

The most important step is to take the word 'coach' out of your mind

1

See yourself as a leader who organises fun, safe and engaging practices for the kids

2

Give kids an enjoyable football experience to foster a lifelong love for the game

3

COACHING TOOLS YOU NEED

BE ENTHUSIASTIC

If you look like you are having fun then the kids will have fun.

BE FRIENDLY

The kids need to feel that you are on their side, as a friend as well as a mentor and always respect all individuals.

ENCOURAGE AFTER MISTAKES

Everything that happens is a learning experience so encourage kids not to see their mistakes as a negative but rather as a positive.

BE PATIENT

Expect things to go wrong when training kids. Usually, it's not their intent to stop things working, it's just their age.

PLAN PRACTICE SESSIONS IN ADVANCE

Speak to your CCC or look at FFA/Football NSW website for sessions guides.

ARRIVE EARLY AND SET UP YOUR AREA

Don't waste player's time! Don't leave kids standing around or filling in time while you move cones to set up the next practice area.

GIVE CLEAR INSTRUCTIONS

Wait until everyone is listening before giving instructions. Then, speak in a loud, clear voice accompanied by distinct hand/arm signals.