

COACHING TIPS

TRAINING TIPS

CLEARLY DEFINE YOUR PLAYING AREA

Use colour coded markers and cones to clearly identify boundaries and goals. This will help you explain your activities using visual cues.

AVOID LONG LINES

Children need to be involved and engaged in order to maintain interest. Long lines will cause children to get frustrated and bored.

NO ELIMINATION GAMES

Elimination games are a big 'no-no'. The same children will get eliminated and this will affect their confidence in a negative way.

ORGANISED CHAOS IS A GOOD THING

Kids running like crazy and laughing shows your session is going well. Just make sure everyone is continuing to achieve the objective.

IF TRAINING IS NOT WORKING THEN 'CHANGE IT'

C	COACHING STYLE The way a coach communicates with their players is critical in maintaining interest and creating a fun environment.
H	HOW TO SCORE Removing goal keepers and adding extra goals are examples of how you can help provide more opportunities for players to score.
A	AREA Change the size of the playing area to make the game easier or harder depending on your observations and the objective.
N	NUMBERS If there are long lines or games where only a few players are actively involved at a time, split the group so that you have 2 games with less numbers involved in each.
G	GAME RULES Modify game rules to help players achieve the objective and to ensure everyone is involved.
E	EQUIPMENT Changing the size of the goals or adding an extra ball to a game.
I	INCLUSION Make changes to ensure that everyone in your session is included, having fun and achieving success.
T	TIME Use time as a tool to increase intensity and create a sense of urgency.