



CONSTRAINTS-BASED COACHING MODEL

As a coach, it is critically important to focus on how training components can be adapted to promote repetition of decision-making concerning a core action or learning outcome. The **Constraints-Based Coaching Model** is based on the principle that players learn best when they are faced with situations that require them to think critically, creatively and problem-solve.

By manipulating the environment, coaches can create challenging and game-like scenarios that encourage players to learn and develop their skills.

For example, a coach may set up a small-sided game with additional rules that challenge players to work on their passing and receiving skills, such as additional points are awarded to a team for getting 5 passes without the opposition gaining possession of the ball.

The coach may also introduce individual constraints, such as requiring players to use only their weaker foot, or environmental constraints, such as playing on a smaller field, to increase the difficulty and challenge of the game.

Overall, the constraints-based coaching model is a player-centered approach to coaching that aims to create challenging and game-like environments to promote skill acquisition, decision-making abilities, and creativity in players. It encourages coaches to consider the various constraints that influence player development and to create environments that foster learning and growth.

REWARD OR RESTRICT?

We encourage coaches to reward good behaviour rather than applying individual constraints to players as this may limit realism, creativity, and decision-making.

Coaches can reward by giving teams or players additional points for certain actions in a game 1 point is awarded for a goal, 1 additional point is awarded if the team can accumulate 5 passes without the opposition gaining possession of the ball, and 3 additional points are awarded if the team can get 5 passes and then score a goal.

