

PLAYER CENTRED COACHING

SESSION MANAGEMENT

- Rehearse in your mind things like:
 - starting an activity
 - transitions
 - forming players into groups
 - Finish up
- Think about how you can maximise ball-rolling time throughout the duration of the session - on the run-coaching, quick demonstrations, set up of your grid

DEMONSTRATIONS

- Gain attention
- Can everyone see?
- Keep it short and simple
- Use children as role models wherever possible

QUESTIONS/CHALLENGES

- Use questions often
- Remember questions/challenges can substitute for 'telling'
- Questions can also prompt players to come up with modifications to 'include all'



ENCOURAGEMENT

- Praise good behaviour and cooperation
- Encourage behaviours you want to see more of

FEEDBACK

- Keep to small doses and be specific
- 'That was good because'... is better than a feel-good statement like 'great shot'
- 'Sandwich' a correction in between some positive feedback

STEPPING BACK

- Feel relaxed about 'stepping back' and not over-coaching
- Provide feedback when you think it will really count and not on every occasion
- Question players and involve them in solving problems and setting directions
- Pay particular attention to what players enjoy. Ask players for feedback

HOW DOES MY COACHING ENCOURAGE MY PARTICIPANTS TO RETURN TO TRAINING NEXT WEEK? OR TO RETURN TO PLAY NEXT SEASON?