

PREPARATION AND PLANNING



WHAT MAKES A GOOD SESSION?



The session is organised



The session has clear objectives



The coach praises the players



The coach is a positive role model



The session challenges players



The session is fun



Activities are age appropriate



Logical progression of activities

IMPORTANT

GET TO KNOW YOUR PLAYERS. BE AWARE OF INDIVIDUAL DIFFERENCES WHEN COACHING.



WHAT CAN I DO AS A COACH?

Develops players physical, social, emotional, cognitive and psychological skills



Coaches create a positive environment for learning



Players of all abilities are included in the session



Coaches have a good understanding what they are teaching

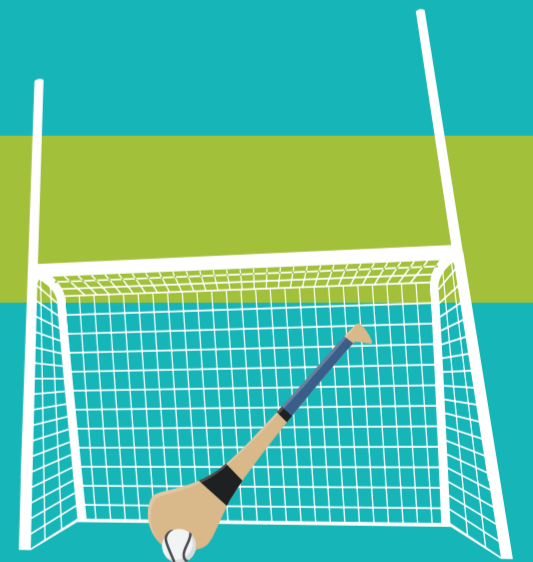


Coaches use a wide range of equipment to engage players



HOW CAN I ENGAGE PLAYERS?

Coaches plan sessions that increase players' knowledge and understanding and enable them to develop a range of skills



There is an emphasis on players learning



The lesson incorporates thinking time



The coach is enthusiastic and motivates players



The coach asks open ended questions



The coach creates an environment which engages players



The coach creates opportunities for players to experience success



Players know and understand what they are trying to achieve



The coach allows players to make decisions for themselves