



# Coaching effectively on game day: A coach and player perspective

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In Association with



# Coach Effectively on Game Day: A coach and player insight



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# Planning for Opposition

## Questions to ask “yourself” when assessing opposition

- How does opposition “set up”
- Area’s of focus
- Match up’s
- Game Principals
- Style of play
- Session plans



# Pre-Competition

- Support Services – S&C, Sports Psychology, Performance Analysis, Physio
- Naming Team
- Feedback
- Match Day Routines





# From Side-line

## Management Match day roles defined

(How management Set up)

Quiet – Positive – Encouragement –  
Emotional Coaching Style – Spirit –  
Cohesion – Positive

- Decision Making
- Scenarios
- Patterns of play
- Area's of focus
- Match up's
- Game Principals
- Style of play
- Session plans



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# From Side-line

## When game is on

Team play to plan – Perform under pressure, Advantage of the highs, Digging in on the lows – Take your chances – high-pressure game

Side-line information – Stability, Leadership from the line 2 ways – get a word in direct to the player via runner  
CLEAR, CONCISE, NO CONFUSION



# *In-Game Adjustments*

- Higher the level – Quicker the adjustment
- If you see it do it (Experience)
- Novice Coach – Wait – make decision quickly
- Learning Curve
- Learn from Experience





# Half Time

- Speak to Management team
- Speak to Performance Analysis
- What's going well/not going well
- Who do we need to speak to
- Any Adjustments
- Any Replacements
- 3 points at half time (Buzz Words)





# Reflection

- What happened
- Evaluation
- Analysis
- Conclusion



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