

# COACH DEVELOPMENT



## DEVELOPING YOUR COACHING

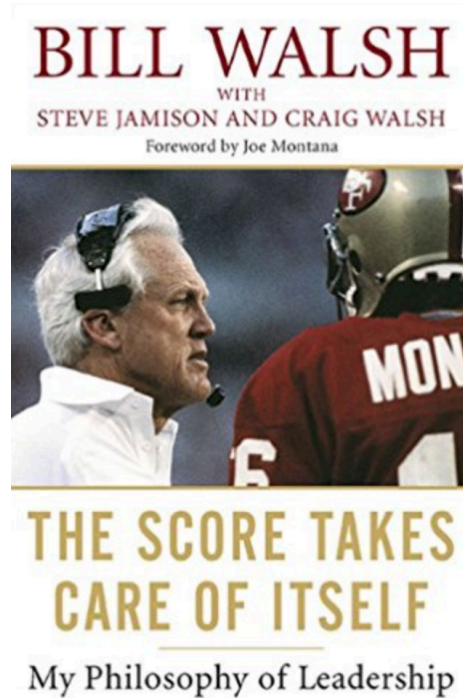
**Is there a right way and wrong way to win matches?**

**Are you ready to develop “your way” for “your” team**

**What is your way.....?!**

**YOU NEED TO HAVE CLARITY ON WHAT YOU BELIEVE  
IN.....**

**What is your 'on field' and 'off field' coaching  
philosophy?**



**Your philosophy is an aggregate of your attitudes towards fundamental matters and is derived from a consciously thinking about critical issues and developing rational reasons why you hold one particular belief or position over another**



**Build your framework of attack through your  
coaching**

**8 tips to improve attack**

**1. Develop an understanding of what we are trying to achieve with our players.**

**Multi skilled players who can play different positions.**



**2. Give them a “phase play code” and understand how to coach good passing skills**

**That will help them read and execute in phase play.**

**We need to improve mental quickness and alertness.**

**IMPROVING ANTICIPATION IS KEY**



**3. Create good width, alignment and shape.**

**We can do this by...**

**Avoid ball following (physically and with the eyes) – We must scan and see the picture**

**4. Create urgency in the speed and quality of this alignment!!!**

**Can we be set before the defence.**

**Quality set ups gives the attack options**

## **5. Focus on the basics....**

### **Effective Communication**

**Reading the game – seeing the space  
(including the kick space)**

**Working hard but with Vision**





## 6. Speed— can they play at our pace?



## 7. Use of the 'Extra Man' – work rate off the ball





## 8. Decision making is key



## **Developmental needs.....**

**Handling under pressure attacking the gain line**

**Accuracy and precision of the pass – pass in  
front of the receiver**

**Accurate and effective running lines**

**World Class execution in.....**

**Core positional skills**

**Alignment / realignment**

**Communication**

**Running alongside World Class coaching!!!!**

**So we understand “what” to coach...**

**“how” do we coach it?**

## **Top Coaching tips.**

- 1. Develop your understanding of the game in as many areas as possible be a complete student of the game. Study the game – don't just watch the game**
- 2. Become an expert in 'how' to coach? Coaching styles, planning, organisation (balls, cones, numbers etc) positioning, explanation, demonstration, Voice (ENTHUSIASM, tone, intonation, frequency, verbal tics) etc**
- 3. Constantly think about session content - variety or repetition? Plan way in advance, tweak nearer the time.**
- 4. Have you the 'variety' in your locker? Spend time coming up with new games and ways of coaching the same skills. MAKE IT GAME RELATED**
- 5. Structured v Unstructured balance in your training content.**
- 6. Technique and game play balance in your training week – Sessions must have INTENSITY.**

- 7. Have you checked there Learning taking place as well as teaching? Memory recall**
- 8. Are you creating good create playing habits.... Good habits allow talent to shine.**
- 9. The habits they aquire at training are a vital part of game intelligence and of the resultant success.**
- 10. Habits are created with repetition and variety in your approach with immediate correction.**
- 11. If your training is too repetitive then Your game will become too predictable.**
- 12. Does the power of your personality create a 'hard wiring' in your players?**
- 13. Coaching in-game decision making through constant games based training sessions - with reviews. Conditioning is done during the session.**
- 14. Relentlessly pursue further knowledge to improve.**
- 15. Create a team with 'freedom and responsibility'.**

## **Reading list.**

**The Score Will Take Care of Itself - Bill Walsh**

**Wooden on Leadership – John Wooden**

**Emotional Capitalists – Martyn Newman**

**Language of Leaders – Kevin Murray**

**CommuniCTae to Inspire – Kevin Murray**

**Any Jon Gordon book**

**Any John Maxwell book**

**Good to Great – Jim Collins**

**The Leadership Challenge**