

### Maximum Effect, Minimum Interference

1. Plan your position in advance – be clear with what you want to see? Are you active, i.e. server?
  2. Are you observing on, around or away from the ball – observe logically.
  3. Think & predict; where is hot spots/action areas ... get close to them.
  4. Stand out; distinguish yourself with your appearance/kit.
  5. On & off-field positions are equally valid.
  6. If you get in the way or get hit with the ball you're in a bad position!
  7. Get up close & personal; 'hokey-cokey' in and off the field if need be.
  8. Make sure your position benefits your intended verbal communication strategy.
  9. Use all of your senses; sight and hearing.
  10. You will need to move around to:
    - Get on unobstructed view.
    - Get closer to the action areas you wish to work on.
    - Get closer to the player(s) you wish to observe/teach \*.
- \* Move up or back through the thirds as the practice develops
11. If working with a specific player try to get in a position to see what THEY can see.
  12. In larger squad practices try to get behind the player or unit you wish to work with, i.e. pressing from front = start behind pair of strikers (on-field position required here).
  13. Observe in small chunks – it is hard to observe the entire picture in detail.
  14. Multiple working areas? Get beside, between or central so as not to have back turned on a group.
  15. Consider the elements like wind and sun when communicating from your position, i.e. sun in your eyes not theirs!
  16. If you are about to demonstrate try to get close to the area/player you want to use – save time!
  17. Use a spectator stand or pitch side banks to get an elevated view. However the trade off is you are not up close to communicate discretely.
  18. If coaching as a pair, try to split up – may achieve more coverage/teaching opportunities.



### Some Examples of Possible Coaching Positions



**Off the field**  
Busy/fluid practice – stay clear!



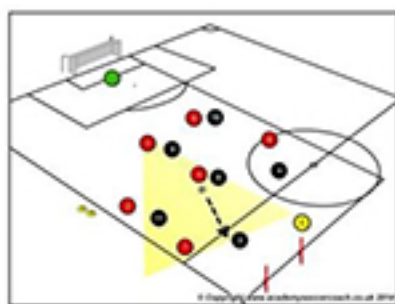
**Stand still (i.e. repetitive practice)**  
Same drill, same view



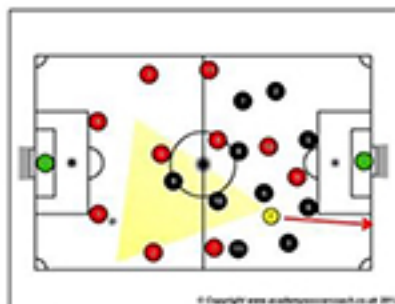
**Move around (i.e. SSG)**  
May need to speak to moving players



**Multiple groups**  
Best place to see ALL



**Behind players/unit**  
See from players' viewpoint, i.e. #3



**Alter position practice develops**  
Observe logically & in chunks

