

Coaching isn't just a matter of turning up and running a session – anyone can do that. You need to think about how you are going to deliver the session so the learning experience is heightened for your players.

These three points will help you decide how you coach your sessions:

Know your players – which ones need what, and when do they need your help?

Talk to/listen to your players – are they enjoying the sessions? Do they understand what they are doing?

Ask yourself... did my intervention have a positive impact on their learning?

Here are my seven tips on how to get the most out of coaching your sessions:

1. What is the problem? Picture in your mind what it is that your team is doing wrong. Think about the type of session you need to help the team.
2. What is available to me? What resources do you have that relate to the problem? Soccer Coach Weekly issues are a great place to start.
3. Have I used a session in the past to cover the topic? Think about what you have done before when you have come across this problem. Did you solve it? Can you use it again?
4. How will individuals react to the session? Some of your players will respond negatively to certain sessions you run. If you know your players well you should be able to spot problems before they arise. Getting the most out of training
5. Is it simple or complex? How much guidance do you need to give your players? Sometimes simple is best. If it is complex make sure you explain it carefully before the players have to go and do it.
6. Are you reviewing work already covered? If you are revisiting work, you need to quickly get the session going and work your players at the level you worked at when you last ran the session – they know the topic so the understanding should already be there.
7. During the session does it feel right? Your gut feeling is often a good indicator as to whether or not the session is working. If it is, great, make a note of what went right. If not, don't despair. Write down what went wrong and change it next time.

Soccer coaching DO and DON'T

DO attend early, planned, dressed and field set up.

Demo, but DON'T participate and take over drills and especially scrimmage!

DON'T let your players just stand around and ALL just shoot on goal. Offer other skill games like juggling, turns, attacking moves, fun fillers while all your team turn up.

Your personality as a coach (demeanor, engagement, excitement)

Soccer Interactive and NELSA website to help session planning. DOC here to help!



honour our game!



50 ways to say 'well done'

During the competition

1. Well done!
2. Terrific!
3. That's the way to do it!
4. That's a real improvement!
5. Good thinking!
6. Keep up the good work!
7. That's it!
8. That's better!
9. Outstanding!
10. Fantastic!
11. Fine work!
12. That's right!
13. Wonderful!
14. You're really working hard today!
15. That's looking good!
16. Good work!
17. That's the right way to do it!
18. Top stuff!!
19. I think you've got it now!
20. Tremendous!
21. Perfect!
22. Great effort!
23. That's great!
24. You're getting better!
25. Now you've got the hang of it!
26. You're getting better every day!
27. You're learning fast!
28. I knew you could do it!
29. I'm so proud of you!
30. That's much better!
31. Super!
32. That's good!
33. Great work!
34. That's as good as I have seen!
35. Keep it up!
36. Spot on!
37. You are doing much better today!
38. Keep on trying!
39. Excellent!
40. Nice job!

After the competition

1. That was really good!
2. I'm proud of your effort today
3. That's the best you've ever done!
4. You did really well today!
5. You must have been practicing!
6. That was great, you remembered!
7. You worked well today
8. Good effort out there today
9. You really are learning quickly
10. You're nearly there!